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Thursday, July 19, 2012



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# **South Edmonton** cleans up third flood in a week

High water. Parkallen residents say that new drainage méasures aren't enough to avoid flooding in the area



LAURIE CALLSEN

Felix Plawski was bailing water out of his driveway for the third time in one week after a thunderstorm flooded south Edmonton early Wednesday

morning.
Plawksi, who lives near 111A Street and 65 Avenue, said his neighbourhood has flooded after any large rainfall due to drainage issues in the area. 'Water was coming from every-

#### **A Fin Free Edmonton?**

Local advocate revives his push to ban all shark-fin products PAGE 4

where to this point," he said.

The city implemented new drainage in the area following a large flood in 2004, but those measures will be under an internal investigation after Wed-

nesday's flooding.

"Hopefully it's something that can be fixed easily," said Coun. Don Iveson. "People know that drainage work was happening in the neighbourhood in the last couple of years, so they're wondering why this happened in spite of that.

Private clean-up crews, like Servpro in south Edmonton, had to start a waiting list Wednesday morning to deal with the high number of calls. "You do try to (prioritize) by looking at the needs of the individual, but for the most part it's firstcome, first-serve," said Edmond Travis, Canada operations man-

"People know that drainage work was happening in the neighbourhood in the last couple of years. so they're wondering why this happened in spite of that." Coun. Don Iveson

ager for the company.

As the forecast for the rest of the week hints at more rainfall for the capital region, city officials are asking residents to research flood prevention and to clean out drainage baskets if they notice a blockage.

Follow Laurie Callsen on Twitter @MetroLaurie

#### **Dragon Boat Festival**

This year's edition of the local paddling fest will see 40 teams compete PAGE 16

#### Your guide to **Capital Ex**

Metro runs down all you need to know about rides, music, food and more PAGES 27-32



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NEWS 0

# Summer scratching. Mosquito count on the rise

Edmontonians may have more of an itch to scratch very soon, as recent rainfall means more mosquitoes.

"We're expecting it's going to get a little bit worse in the not-too-distant future," Mike Jenkins, biological sciences technician, said Wednesday.

Samples for the last week indicate the average number of mosquitoes per trap is 19, while the average was more than 1,100 during the same week last year.

"It's definitely a lot lower than at the same period last year," said Jenkins. "But this is the highest we've seen this year"

seen this year."
Crews are treating standing water in and around the city, while an abundance of dragonflies are also helping control the population, said Jenkins.

Most of the bugs are typical nuisance mosquitoes, but there has been a slight increase in daytime biters—which caused the havoc last summer.

Chemical treatment for adult mosquitoes has been done near the City Centre Airport for the Edmonton Indy, while sites will be monitored prior to the Heritage Festival and Edmonton Folk Festival.

HEATHER MCINTYRE/METRO



# Accused. Online apology led police to Hopley

The man accused of kidnapping a three-year-old British Columbia boy before returning him unharmed four days later took to Facebook to apologize while he was on the run, allowing police to zero in on him, his sentencing hearing was told Wednesday. Randall Hopley, 46, has already pleaded guilty to abducting three-year-old Kienan Hebert from the boy's home in Sparwood, a southeastern B.C. town not far from the Alberta boundary, last September.



# South side. Two people wanted in kidnapping

Edmonton police are searching for a man and a woman in connection to a south-side kidnapping late last month.

Police said a 30-year-old woman was allegedly abducted near 34 Street and 51 Avenue June 23, when she was forced into the trunk of a car and taken to a hotel. Police said she was assaulted and held against her will before escaping June 25.

Police believe the kidnapping was drug-related, and that the victim and the suspects knew one another.

Tabitha Alisha Stevens, 21, and Kristopher Renz, 26, are wanted on Alberta-wide arrest warrants for kidnapping, forcible confinement, extortion and assault.

Four others face a number of charges, including kidnapping, forcible confinement, extortion, and assault. METRO



For more local news visit metronews.ca

For more local news

# City unveils balloon float ahead of kick-off parade

**Capital Ex.** Musicthemed parade to have over 100 entries



CALLSEN

Over 100 floats and balloons will fill Edmonton streets Thursday during the Capital Ex parade to kick off the city's

One of the most talkedabout floats will be the City of Edmonton float, a public-art piece commissioned by the city specifically for parades. It's the city's first inflatable float, meaning it is easier to store and cheaper to make.

"I think it's different; I think it's fun," said Coun. Kim Krushell at the unveiling at city hall Wednesday.

The float, designed by Artsmith Communications and created by Fabulous Inflatables, is one of a few floats that will be seen high above the heads of parade watchers Thursday.

"Everybody does floats.



he city unveiled its inflatable balloon float Wednesday at city hall before debuting it in the Capital Ex parade hursday. LAURIE CALISENMETRO

They've been around for hundreds of years. It's neat to see them thinking outside the box," said Fabulous Inflatables president Stephen Thomson.

The Capital Ex parade kicks off downtown at 11 a.m. at 99 Street and 102 Avenue.

#### Music thoma

- This year's Capital Ex theme of music will be worked into most parade floats.
- To see a list of road closures, visit edmonton.ca.



**NEWS** 

On the web

Florida robbery reignites law debate

Florida's controversial
"Stand Your Ground" law
is back in the news after
an elderly man brazenly
shot and wounded
two people during an
attempted robbery at
an Internet café. Go to
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Mobile news



A zoo in Ukraine is now home to a group of white lion cubs that can only be described as heart-meltingly cute. Scan the code to see photos of these cuddly predators eagerly awaiting feeding time.



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metr⊕ **NEWS** 

#### **Health alert. AHS warns** of lake contamination west of Edmonton

Alberta Health Services has issued a warning to people advising them not to swim or wade in Hasse Lake due to elevated levels of fecal coli-

AHS also says to not ingest the lake water, as water-borne organisms including fecal coliform can negatively affect the digestive tract.

Elevated levels of fecal coliform were detected during routine testing of Hasse

#### Summer fair

#### Thousands cast vote to re-name Capital Ex

More than 24,000 Edmontonians have cast their vote for a new name for Capital Ex.

The top three contenders are EdFest, K-Days and the Edmonton Exhibition.

Voting closes at 6 p.m. July 28. Vote online at capitalex.ca or on the fairgrounds.

The winner will be announced July 29.

 At current fecal coliform levels, skin, ear and eye infections can result from any contact with Hasse Lake water.

The lake is about an hour west of Edmonton. AHS said it will continue

to monitor the water.

#### Central Alberta

#### Food a factor in fatal crash: Police

Eating at the wheel is the suspected cause of a headon collision that killed two men in central Alberta. RCMP say two men

in their 30s died early Tuesday when a minivan collided with a car on

Highway 20 near Rimbey. Sgt. Mark Groves, a Rimbey RCMP spokesman, says it appears the van driver was eating just before his vehicle crossed the centre line and slammed into the car. THE CANADIAN PRESS

# turing and killing sharks for the use of their fins in products like the ones shown here has become an international issue — now, a local group is trying to g the issue to the forefront in Edmonton. The CANADIAN PRESS FILE

# **Fin Free Edmonton looking to** reel in support for local ban

### Crime. Police warn that thefts from garages are on the rise in Edmonton

Edmonton police are warning residents after a rash of thefts from garages this month.

In a two-week span in the beginning of July, there were 60 break-ins at residential garages compared to 52 at the same time in 2011

EPS West Division Sgt. Jennifer Eichmann said that as temperatures rise and people are in their yard without locking the garage, the probability of thefts increases.

EPS advises that residents keep their home, garage and shed doors locked while working in the yard.

Police also advise residents to keep a log of items with the make, model and serial numbers, which makes possessions easier to track if stolen.

#### Supply and demand.

More than 73-million sharks killed each year for fins: Activists



HEATHER MCINTYRE

Banning the possession and sale of shark fins is something Fin Free Edmonton founder Cameron Jefferies is passionate about

And now that Calgary city council has voted to draft a bylaw regarding the product, which is used in making the

"The most recent success has been in Calgary, and we're hopefully going to be building off of that."

Cameron Jefferies, founder of Fin Free Edmonton

expensive Chinese delicacy shark-fin soup, he's hoping Edmonton will bite, too.

Jefferies, assistant professor at the University of Alberta's faculty of law, began advocating for the ban locally when he returned from school in the U.S. last year.

After making an effort he admits was somewhat unorganized at the provincial level, he shifted his focus citywide.

'To achieve that, we're currently approaching some different dive shops, as well as some different Chinese-Canadian associations that are in town here," said Jefferies. "Hopefully we get their support and then approach city council with a bit of a rejuvenated effort ... in the next couple of months."

Seven municipalities in Ontario have adopted the ban, and were followed by Port Moody, B.C.

Jefferies has had limited support from Alberta politicians in the past, but is hoping the 13-2 vote by Calaldermen on Monday wilĺ help.

He began reaching out to the community this week, and plans to begin approaching some of the eight local restaurants that sell the

product Thursday.

Follow Heather McIntyre or Twitter @Metro\_Mac



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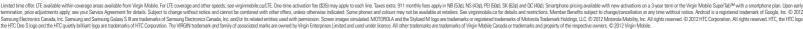












metr⊕ metronews.ca Thursday, July 19, 2012 **NEWS** 

#### Tear gas fired

#### **Protesters storm** Syria's embassy in Cairo, 14 held

Tear gas was fired at protesters at the Syrian Embassy in Cairo who tried to raise a rebel flag. Fourteen were detained. THE ASSOCIATED PRESS

#### Al-Qaida members died

#### U.S. rights groups file lawsuit over drone killings

U.S. rights groups have filed a lawsuit challenging the drone killings of three U.S. citizens

The groups filed the lawsuit in federal court in

Washington Wednesday on behalf of victims' relatives.

The lawsuit charges that top CIA and military officials violated the Constitution and international law when they authorized strikes by the

Defence Secretary Leon Panetta, CIA director David Petraeus and other officials are named as defendants. THE ASSOCIATED PRESS

#### Residents objected

#### Judge helps mosque meet Ramadan date

A federal judge Wednesday ordered a county in Tennessee to move ahead with opening a Muslim congregation's newly built mosque after a two-year fight from opponents.

The Islamic Center of Murfreesboro sued Rutherford County and asked District Judge Todd Campbell for an emergency order to let worshippers into the building before the holy month of Ramadan starts at sundown Thursday. The dispute stems from a 2010 lawsuit filed by residents who claimed Islam is not a real religion.

THE ASSOCIATED PRESS

#### He'll fight for rights

#### Shawn Atleo wins the race for **AFN** chief

Shawn Atleo has been reelected as national chief of the Assembly of First Nations, vowing to assert his people's rights. THE CANADIAN PRESS

# Daring bomb attack kills top Syrians

**High-level meeting blasted.** Ministers killed as rebels strike at heart of the regime. Meanwhile, where's Bashar Assad?

A bomb ripped through a high-level security crisis meeting in Damascus, Syria, on Wednesday, killing three top regime ministers — in-cluding President Bashar Assad's brother-in-law

It was the rebels' boldest attack yet in the country's civil war.

The Assad family has ruled Syria for four decades, creating an ironclad and impenetrable regime. Wednesday's attack was an unheardof strike on the inner circle.

Syria's rebel commander, Riad al-Asaad, claimed responsibility, saying his forces planted a bomb in the room

and detonated it.
All those involved in the attack are safe, he said.

"God willing, this is the beginning of the end of the regime," al-Asaad said in a telephone interview from his base in neighbouring Turkey.

"Hopefully Bashar will be

next," he added. The whereabouts of Assad, his wife and his three young children were not immedi-

ately clear. Syrian TV confirmed the death of Defence Minister Dawoud Rajha, 65, a former army general and the most senior government official to be killed in the rebels' battle to oust Assad.

Also killed was Gen. Assef Shawkat, the deputy defence minister who is married to Assad's elder sister, Bushra.

Syrian TV said Gen. Fahd Jassem al-Freij had been named the new defence minister. Al-Freij used to be the army chief of staff.

THE ASSOCIATED PRESS



#### The heat is on in race to save homes from fires

It's a desperate race against time to save houses. A helicopter drops water over a wildfire near Patras, Greece, on Wednesday. Officials declared an emergency in all southwestern Greece as wildfires threatened villages and homes. Nine planes and one helicopter were involved in the firefighting effort. The flames were fuelled by high winds and 40 C heat.

GIANNIS ANDROUTSOPOULOS/ THE ASSOCIATED PRESS

#### **Bus blast. Israel blames** Iran, warns of retaliation

Angry Israel blamed Iran after a bus carrying Israeli teens exploded Wednesday in a Bulgarian resort.

Israeli Prime Minister Beniamin Netanyahu called it 'an Iranian terror attack" and promised a tough response.

At least four people were killed and more than two dozen wounded in the blast in Burgas.

The bombing was the latest in a series of attacks on Jews attributed to Iran. THE ASSOCIATED PRESS

#### Killer virus. Cambodia shuts schools as kids die

Cambodia is closing all kindergartens and primary schools to try to stop the spread of a virus that has killed hundreds of kids around Asia.

More than 2,700 kindergartens and 7,000 schools closed Wednesday because of the enterovirus 71 strain, or EV-71. Victims suffer high fever, brain swelling, paralysis and respiratory shutdown. Almost 60 Cambodian

children have died recently. THE ASSOCIATED PRESS



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# Birth defects. Australian woman wins millions in Thalidomide lawsuit

An Australian woman born without arms and legs after her pregnant mother took the anti-morning-sickness drug Thalidomide has reached a multimillion-dollar settlement with the medicine's British distributor, her lawyer told a court Wednesday. The German maker of the drug refused to settle.

Lynette Rowe, 50, of Melbourne, is leading a class-action suit on behalf of children born with congenital birth defects linked to Thalidomide. The drug was given to pregnant women in the 1950s and 1960s as a treatment for morning sickness, but was yanked from the market in 1961 after it was linked to birth defects.

#### Human-rights tribunal

# B&B ordered to pay for refusing room to gay pair

The owners of a now-closed Christian bed-and-breakfast in British Columbia must pay more than \$4,000 for refusing Rowe sued three parties: German drugmaker Grunenthal, U.K-based Distillers Company (Biochemicals) Ltd. — which sold the drug in Australia — and Diageo Scotland Ltd., the successor company to Distillers.

In court on Wednesday, Rowe's lawyer, Peter Gordon, said his client had reached a settlement with Diageo and Distillers while Grunenthal declined to settle.

Exact terms of the settlement were confidential, but Rowe's lawyers said it was several million dollars. The lawsuit asked for compensation for the victims' pain and suffering, lost wages and future medical care. THE ASSOCIATED PRESS

a room to a gay couple. Brian Thomas and Shaun Eadie had booked a room at the Riverbend Bed and Breakfast in Grand Forks in June 2009. But their reservation was cancelled shortly after the establishment's owners, Susan and Les Molnar, realized the two men were together.

# South Africa celebrates Mandela's 94th birthday



**Respect.** Divided nation comes together to pay tribute to former leader in song and good deeds

A nation divided between black and white, rich and poor, came together Wednesday to honour Nelson Mandela, the deeply loved statesman who helped bring freedom to South Africa. The good deeds done on Mandela's 94th birthday ranged from building houses to performing free eye-cataract operations.

Education officials estimated nearly 12 million children kicked off celebrations

#### Appreciating an icon

"Mr. Mandela taught us to love ourselves, to love one another and to love our country."

**Archbishop Emeritus Desmond Tutu,** on former South African leader Nelson Mandela

in the morning with resounding "Happy Birthday" choruses in schools from wellfunded private institutions to barely furnished rooms in villages.

Millions more South Africans joined in from offices, buses, train stations and Mandela Square, set amid the plush skyscrapers and exclusive boutiques of Johannesburg's Sandton City.

Mandela spent the day quietly with family and friends in southeastern Qunu village, according to Sello Hatang, a spokesman for the Nelson Mandela Foundation. An AP Television cameraman caught the venerated leader with a champagne flute in his hand, flanked by his wife, Graca Machel, and former wife Winnie Madikizela-Mandela, before a ribboned two-tiered birthday cake.

Communities in South Africa dedicated 67 minutes of the day to volunteer work and projects for the needy — one minute to mark each of Mandela's 67 years in public service.

THE ASSOCIATED PRESS



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# **Inuit kids more likely** to face death: Report

**Nunangat.** Statistics point to one of the biggest public-health problems of the North, experts say

A new study paints a bleak picture of life — and death among children and teenagers living in the Inuit Nunangat, the four Arctic regions that make up the Inuit homelands.

Children and teens growing up in the Nunangat are roughly five times more likely to die than their counterparts in the rest of Canada.

They are 11 times more likely to succumb to an infectious or parasitic disease and twice as likely to be killed by a non-communicable one. Their risk of dying from an injury is nearly 11 times higher than children and teenagers in the rest of

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the country.
But the biggest driver behind the staggeringly higher death rate among Inuit chil-

dren and teens is suicide.

The report, from Statistics Canada's health analysis division, found that the suicide rate among children and teens in the Inuit homelands was 30 times that of youth in the rest of Canada during the five-year period from 2004 to 2008.

THE CANADIAN PRESS



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# Vienna. No such thing as free water

In Vienna's legendary coffeehouse tradition, a free glass of tap water with your coffee has been a cherished part of everyday life.

Now many Viennese are up in arms over a movement by restaurateurs to start charging for tap.

It amounts to cultural sacrilege in a city where delicious tap water — fed by Alpine springs — is seen as a birthright, and part of the whole experience of lounging in centuries-old cafés or savouring young wine at one of the Austrian capital's many leafy outdoor eateries.

For now, payment is vol-

untary, with 11 restaurants participating in a charity campaign meant to collect funds for clean-water-starved Sierra Leone. But the establishments pocket half the water fee and prominent restaurateurs are starting to lobby for an obligatory tap-water charge, unrelated to aid for Africa, just as the charity program has begun.

Many Viennese suspect that the Sierra Leone campaign and industry calls to charge for water cannot be pure coincidence. Some see a cynical ploy to take advantage of charitable feeling for extra profit. THE ASSOCIATED PRESS



A customer stirs a cup of coffee in the café Landtmann in Vienna, Austria.



#### So that's why they're called hydrants

People play in water from an open fire hydrant during the afternoon heat on Wednesday in Philadelphia.

Temperatures were expected to reach into the high 30s on Wednesday.

MATT ROURKETTHE ASSOCIATED PRESS

#### Surprise

#### Man nearly fined for Kinder Eggs

A U.S. man detained at the border while returning home from Vancouver says a border guard told him he could be fined \$2,500 per chocolate Kinder Egg, illegal in the U.S. THE CANADIAN PRESS

#### Sexual harassment

#### Case against judge gets stranger

The man who filed a sexual-harassment complaint against a Manitoba judge is being accused of having sex with another woman for money. Alexander Chapman was in his third day of testimony Wednesday. THE CANADIAN PRESS

#### Attempted murder

#### Son allegedly shot over karaoke

A U.S. man is accused of shooting his son because he didn't like his country karaoke singing. A judge ordered the 70-year-old to stand trial on attempted murder and assault charges. THE ASSOCIATED PRIESS



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# Craigslist. Man charged with posting classified ad asking men to rape wife Colombia. Authorities retake ground in battle with Nasa Indians

An Idaho man is charged with soliciting men to rape his wife through a posting in the "cas-ual encounters" section of Craigslist.

The 32-year-old Twin Falls man was arraigned Monday on charges of solicitation of rape and burglary. His bail was set at \$100,000 US.

Prosecutors say that without his wife's knowledge or consent, the man posted a classified ad posing as a woman who fantasized about being raped, and then exchanged emails with the men who responded to arrange the assaults.

Twin Falls police were called to the woman's house shortly after midnight Thursday and again Saturday afternoon to reports that two different men had broken into the home.

The woman told police a man rang the doorbell early Friday, asked her name and then said: "I'm here for you," before forcing his way into the house.

The woman said the man chased her through the house. She went into the bedroom to grab a nine-mm gun, but the man grabbed the weapon. The gun went off during the struggle. No one was injured, but she

The allegations are similar to case two years ago in which a man was convicted of using a "rape fantasy" posting on Craigslist to arrange an attack on his exgirlfriend in Wyoming.

said the man fled.

The woman also fired a shot Saturday and held the uninjured man at gunpoint until police arrived, court records said. Investigators said the second man told police he was responding to a Craigslist ad, and that the person posting the ad told him she wanted to be forcibly raped as that was a fantasy of hers.

The police report said several emails were exchanged between the man and the person who posted the ad. The man was then given the address.

"He was told to force his way inside and rape the woman there and not stop no matter how much she resisted," the report said. The associated press

Colombian authorities say they've retaken a strategic hill in the country's turbulent southwest from Nasa Indians who had forcibly dislodged soldiers.

The action early Wednesday by a squad of riot police came a day after Indians armed with clubs and rocks dragged six soldiers off the hilltop.

Members of the 115.000strong Nasa tribe are insisting the military and leftist rebels leave their traditional lands.

They say they are tired of being caught in the crossfire of Colombia's long-running con-

The government rejects the demand, and President Juan Manuel Santos tweeted Wednesday that Indians will not be allowed on military bases. His defence minister and military allege rebels have infiltrated the Indians' ranks.

The region is a corridor for cocaine smuggling and locals also cultivate high-grade marijuana. THE ASSOCIATED PRESS



#### Death row. Man the first Texas inmate to be killed with a single lethal drug

A Texas man convicted of carjacking and fatally shooting a stockbroker was put to death Wednesday, becoming the first prisoner in America's most active capital punishment state to be executed under a procedure using one lethal drug instead of three.

Texas Department of Criminal Justice officials announced last week they were modify-ing the three-drug injection method used since 1982 because the state's supply of one of the drugs — the muscle relaxant pancuronium bro-mide — has expired. Yokamon Hearn, 33, was executed using a single dose of the sedative pentobarbital, which had been

#### Other states

Ohio, Arizona, Idaho and Washington have already adopted a single-drug procedure.

part of the three-drug mixture

since last year. Hearn showed no apparent unusual reaction to the drug as his execution began. Asked by the warden if he wanted to make a statement, he said: "I'd like to tell my family that I love y'all and I wish y'all well. I'm ready."

THE ASSOCIATED PRESS

#### Mali

#### Rebels release three hostages

Islamist rebels in north Mali on Wednesday released an Italian and two Spanish hostages who had been held since October, a spokesman with an allied group said. THE ASSOCIATED PRESS

Iran

#### New issues cloud nuclear talks

Announcements bouncing between Tehran and Washington show new issues are piling up even as Western envoys try to find a path to move nuclear talks forward. THE ASSOCIATED PRESS

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Alleged Hungarian war criminal Laszlo Csatary leaves the Budapest prosecutor's office. BEA KALLOS/THE ASSOCIATED PRESS

# Hungarian man charged with Holocaust crimes

Laszlo Csatary. He was chief of an internment camp at Kosice, from where 12,000 Jews were deported to Nazi death camps

A 97-year-old Hungarian man suspected of abusing Jews and helping deport thousands of Jews during the Holocaust was taken into custody Wednesday, questioned and charged with war crimes, prosecutors said.

The case of Laszlo Csatary was brought to the attention of Hungarian authorities last year by the Simon Wiesenthal

#### Horrific allegations

"Think of a man who at the height of his physical powers devoted all his energy to murdering ... innocent men, women and children."

Efraim Zuroff, director of the Simon Wiesenthal Center's Jerusalem office

Center, a Jewish organization active in hunting down Nazis who have yet to be brought to justice.

In April, Csatary topped the organization's list of most-wanted Nazi war criminals.

Prosecutors decided to

charge Csatary with the "unlawful torture of human beings," a war crime that carries a maximum sentence of life in prison.

life in prison.

Csatary's lawyer, Gabor
Horvath B., said that a judge,
acting on a request from prosecutors, ordered his client to
be confined to house arrest
for a maximum of 30 days.
Horvath B. said he had appealed the ruling, which also
opened the way for authorities to confiscate Csatary's
passport.

In May 1944, Csatary was named chief of an internment camp at a Kosice brick factory from where 12,000 Jews were deported to death camps.

THE ASSOCIATED PRESS

#### Ukraine

#### Homophobia and violence increase

Homophobic sentiment and violence against Ukraine's gay community are on the rise despite increasing efforts to promote tolerance in the conservative ex-Communist nation, advocacy groups said Wednesday.

The community was forced to cancel its first ever gay pride parade in Kyiv, in May, due to concerns activists would be physically attacked by radicals.

After the cancellation, two gay leaders were beaten. THE ASSOCIATED PRESS

# Germany. Threatened by militant Islamists, far right: Intelligence report

Germany faces a growing threat from militant Islamists and far-right fringe groups, including small extremist cells and lone-wolf operators, top security officials said Wednesday.

A report by Germany's domestic intelligence agency puts the number of Salafi Muslims in the country at 3,800 last year, with a small number of those prepared to use violence to achieve their

It is the first time the agency has counted the num-

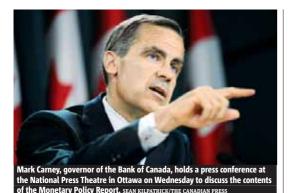
ber of German-based Salafists, a religious movement that adheres to a strict interpretation of Islam and that has attracted young Muslims as well as recent converts.

The wider number of Muslims with extremist views is estimated at more than 38,000, according to the report.
"Our focus remains on

"Our focus remains on Islamist terrorism," Heinz Fromm, the head of the Federal Office for the Protection of the Constitution, told reporters in Berlin.

THE ASSOCIATED PRESS

**BUSINESS** 



#### Carney says he'll help reform LIBOR system amid rigging scandal

Mark Carney says he intends to use his position as head of the international Financial Stability Board (FSB) to take up the issue of reforming the scandalplagued interbank-lending system at the earliest opportunity.

The Canadian central banker said Wednesday he's already exchanged views with his counterparts in the world's leading economies and plans to discuss possible reforms in September, when FSB officials next meet. Carney said he and U.S. counterpart Ben Bernanke agree that LIBOR, the London interbank offered rate - which sets terms under which banks lend each other funds and influences other interest rates - is structurally flawed.

"The facts that have emerged around the LIBOR situation are deeply troubling," he told reporters in Ottawa in his first public comments since the scandal over rate-rigging broke this spring.

LIBOR has been discredited recently by evidence that some of the banks that set the benchmark have provided false information in order to support their positions as far back as 2008. THE CANADIAN PRESS

# Funding cuts to lower cable and satellite bills

**Broadcasting.** The CRTC is phasing out a local-programming fund aimed at helping stations during the 2008 recession

Cable and satellite bills will be shrinking a little bit as the CRTC begins to phase out a special fund designed to boost local programming.

The Canadian Radio-television and Telecommunications Commission issued a decision Wednesday, saying that the Local Programming Improvement Fund will be phased out over the next two years. It was introduced during the 2008 recession to help conventional stations operating in non-metropolitan areas.

Many cable and satellite providers passed along the 1.5

Beginning Sept. 1, required contributions will be cut to one per cent of gross broadcasting revenue, and on Sept. 1, 2013, the fee will be cut to 0.5 per cent of gross broadcasting revenue.

By Sept. 1, 2014, the fund will be discontinued.

per cent fee of the recurring monthly bill to consumers, and the CRTC says they can expect a corresponding reduction in their cable or satellite bills as the fee is phased out.

In 2010, 78 stations received funding totalling \$100 million. In 2011 80 stations received \$106 million.

"The fund was created to ensure television stations had the resources to meet Canadians' needs for local programming. We are satisfied with the support it has provided during a difficult economic period," said Leonard Katz, CRTC's vicechairman of telecommunica-tions and chair of the hearing panel.

The CRTC said the financial situation of these broadcasters has improved due to a recovery in the advertising sector as well as a successful transition to digital television. It said it was confident that these stations will maintain the same quality of programming without support from the fund.

Cable and satellite companies must prepare a report by Sept. 17, outlining the measures taken to ensure that the bills of affected consumers will reflect these reductions. and they must also provide evidence that consumers have been notified or that they were never required to pay the contribution

TORSTAR NEWS SERVICE

#### StatsCan

#### Chinese coming to visit more often

Statistics Canada says fewer people travelled to and from Canada in May compared to travel in April.

Canadian residents made 5.3-million trips abroad that month, mostly to the U.S., but that's 1.7 per cent fewer trips than in April.

Meanwhile, travel to Canada fell overall by 0.6 per cent in May to 2.1-mil-lion trips, though same-day car travel by U.S. residents to Canada increased.

Residents of most other countries took fewer trips to Canada, except residents of China. They made 24,000 trips, a 3.4 per cent increase. Statistics Canada

reports that China has grown so strongly that it has overtaken Australia as the fourth-largest overseas market for Canada behind the United Kingdom, France and Germany.

THE CANADIAN PRESS

#### Market Minute



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#### Microsoft. Windows 8 for sale Oct. 26

Microsoft says Windows 8 will go on sale Oct. 26. The upgrade to its operating system is designed to work better with touch screens and on tablet computers.

Microsoft announced the date in a blog post and at its annual sales meeting Wed-nesday. Microsoft is releasing the software as a downloadable upgrade that day for PC owners, and letting PC makers start selling computers with Windows 8 the same day. THE ASSOCIATED PRESS

## The future is in e-retailers: Report



The future of retail is in the palm of your hand.
"Big-box retailers like Best

Buy and Walmart are starting to feel the heat as sales decline in the face of stiffer competition from e-retailers like Amazon," declares the third annual Future of Retail report from trend-watchers PSFK

"Showrooming is the new reality."

Meaning, explains PSFK founder and president Piers Fawkes, customers are already using their mobile phones to shop and retailers have to stop fighting and join in.

"There's a great opportun-

ity to provide personal service," says Fawkes. "Technology is pretty cheap compared with the proprietary systems of the

The future, then, lies in combing that mobile, roving database customers are carrying with brick-and-mortar shopping.

Fawkes uses the example of

trying to find a jacket online.
Currently he has to rifle through 100,000 jackets he doesn't want first. Soon, retailers will know how to show him two or three that meet all his

TORSTAR NEWS SERVICE



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#### LIFE SUCKS AND THEN YOU DIET



HE SAYS... John Mazerolle metronews.ca/hesays

This is hard to swallow, but I think the weight-loss industry may have some ethical problems.

I know. It's one of those instances where our illusions are shattered and our innocence is

lost, like when the emperor in the Star Wars prequels turned out to be evil.

But I'm convinced it's true.

As an in-depth researcher of societal trends (I read Google News), I've noticed that a new weight-loss drug or diet plan or study is released almost every day.

The drug is usually approved by the authorities, but has a list of side effects as long and painful as Atlas Shrugged.

#### Fatten down

The diet plan, even if it works, usually charges you to do something you could do on your own ("Order our Triple-A 'Activity Addition Abacus' for only \$19.95!").

And the diet plan, even if it works, usually charges you to do something you could do on your own ("Order our Triple-A 'Activity Addition Abacus' for only \$19.95!").

What makes it worse is all the self-evident studies. Either it's a "positive" study showing, for instance, that running a marathon is linked to looking good in shorts, or it's a "negative" study that shows, say, a possible connection between heart disease and freebasing gravy.

The upshot is, we all know

losing weight is hard, but we also know the proper way to deal

I am, of course, talking about the only solution: Mazerolle-Brand Diet Products! Yes! With my unique line of inexpensive weight-loss tools, people will be asking if you've been recently ill or your money back.

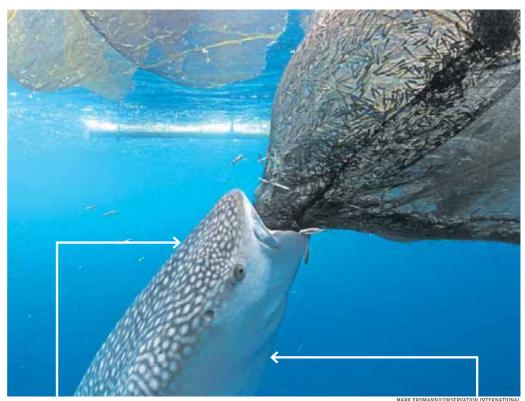
#### My products:

- The Diet Diary: New findings suggest that the best way to lose weight is to keep a food diary. But what does it say about your self-esteem if you scratch out your meals on some random piece of paper? If you care about yourself, you'll buy my handsome pleather-bound Duo-Tang, com-
  - Don't weight until it's too late to push back entries to get you started: "Dear Diary, I like bacon sooo much. 'Like' like! But does bacon even know I exist?"
- The Self-Dismemberment Diet: Also known as SDD, is a
  quick and easy plan to lose weight. Would you give your
  right arm to lose weight? Then do it! Worried about side
  effects? Remove a side! To help stop the bleeding, order a
  Mazerolle Diet Plan Tourniquet.
- Bachelor's Package: This is the linchpin. You'll learn my own personal tricks for staying thin, such as losing your debit card on the weekend, or reminding yourself that if you cook it will mean doing dishes. Also, I lost 20 pounds (really) when the Boston Bruins made their 2011 Stanley Cup run, mostly due to stress. So cheer on a successful team. (WARN-ING: If you are waiting on a Canadian NHL team, you will balloon to 400 pounds.)

And those are my completely ethical weight-loss products. I hope you find them helpful.

One parting tip is to remember that dieting is still about eating, not starving yourself. When I get peckish, I feel free to open the fridge and treat myself to whatever's in there — usually a box of baking soda and a jar of capers. If that doesn't help you lose weight, nothing will.

### Shark is having a whale of a time



#### Wildlife expedition

#### Whale shark food feast goes viral

Divers caught a rare scene of the world's largest fish, the whale shark, sucking silverside bait fish out of a fisher's net.

The video footage taken by environmental group Conservation International (CI) in Indonesia's Cenderawasih Bay has become a viral hit since it was uploaded on YouTube last month, amassing more than 1.3-million hits.

#### Biologist's view



"The interest this video has gotten on the Internet is amazing

and it underscores the need for these types of expeditions to further knowledge of whale sharks."

Dr. Mark Erdmann, marine biologist and senior advisor to Cl-Indonesia's marine program

#### Quite the appetite

- Purpose of expedition. To inject whale sharks with pill-sized transmitters, which serve as a unique, permanent "ID card" to monitor animals' behaviour and history.
- Diet. Whale sharks, the largest species of fish in the ocean, can eat up to 2.6 tons of plankton and small fish per day. Whale sharks are "filter feeders": They jut out their jaws and passively filter food into their mouth.

#### Adding it up

**15** 

metres is the top length of a whale shark — as long as a common yellow school bus. On this expedition, a total of 30 individuals were successfully tagged.

#### Go to metronews.ca

 ... to see a video of the shark devouring its lunch and watch scientists free it after it gets caught in the net!

# Panel Panel

METRO

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### Do you think sugary drinks should be banned in restaurants?



#### Twitter

#### @RoseRambles:

Hey #yeg tweeps! I hope you all have a day that makes you proud and makes you smile. Do something crazy, do something great!

#### @Formula77:

You never know what you are going to dig up downtown #yeg... Today, asbestos water line. Tomorrow: Jimmy Hoffa?

#### @WattyYEG:

I heard a rumour that Edmonton Police are cracking down on truck balls. The fine is a gentle open-handed slap in the owners real balls. #YEG

#### @\_claing:

Lost my car in an underground parking lot yesterday. Apparently that still happens. #yeg

#### @JamesMurgatroyd: • • •

It's meat on stick season with Taste of Edmonton and Heritage Days just around the corner #yeg #yegfood

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#### SCENE

Scene in brief

### The award goes to...

The first time Kathleen Edwards was shortlisted for the Polaris Music Prize back in 2008, she didn't know much about the award. But it's a sign of how much the \$30,000 prize's profile has grown over the past four years that the Ottawa singer/ songwriter felt very differently when she was nominated for a second time on Tuesday. She joined an eclectic 10-artist short list that also includes Toronto rapper Drake, Vancouver rock duo Japandroids and Calgary-reared songstress Feist. The Polaris Music Prize — awarded to the top Canadian album of the year based strictly on merit and not sales — is voted on by 200-plus music journalists, bloggers and broadcasters.

#### On the web

THE CANADIAN PRESS



Walmart in Kodiak, Alaska, gets most 'likes,' wins personal appearance by rapper



# Rolling, rolling on the river

Float Fest. Edmonton's 16th annual Dragon Boat festival to have 40 teams compete on the North Saskatchewan River



JENNIFER LARAWAY Jennifer Laraway edmonton@metronews.ca

Grab your paddles; this year marks a special occasion with Edmonton's 16th annual Dragon Boat Festival. It's the year of the Black Water Dragon — a legendary creature in Chinese astrology. It's an

occasion that only happens every 12 years.

According to organizers, at one time only the Emperor was allowed to wear or have images of the five-clawed dragon. This mythical dragon is quite exceptional and has special significance in the Chinese culture. It is seen as a symbol of power, superiority and rule.

Let's hope that means the dragon can pull some strings when it comes to favourable weather. This past weekend, the river was home to the re-branded Sourdough Raft Race. Organizers were set for 30 degree weather and a grand debut of their new look and name: Float Fest.

"It was soggy but fun, we

#### Details

The festival runs August 17 to 19 at Louise McKinney Park.

- Louise McKinney Riverfront Park is located at 9529 Grierson Hill NW.
- Teams come from all over Alberta and neighbouring provinces to compete.
- Spectating at the event is free.

are a water sport after all!" said Event Co-ordinator Corrine Thain. The rain certainly didn't damper their spirits. They are looking forward to volunteering at the upcoming Dragon Boat Festival and rejuvenating interest in their event next year.

"At one time we had 200 rafts in the river for our festival. We have learned that if you want to have more people involved you have to get out there."

Along with countless others, Thain has marked August 17-19 at Louise McKinney Riverfront Park on her calendar.

The three-day festival starts with traditional opening ceremonies on the Friday complete with Chinese Fire Cracker performances, a lion dance, and martial art demonstrations.

One of the most anticipated rituals is the traditional blessings given to all the dragon boats, where the dragon eye (or dotting ceremony) is painted on each boat by Buddhist Monks.

As the Dragon Boat Festival swings into full action over the weekend, participants and spectators can take in over 40 teams, including those from Float Fest, competing across three 500 metre lanes on the North Saskatchewan River.

For those without sea legs, there are plenty of activities on dry land including food vendors, festival merchandisers, and stage entertainers. For more information, visit edbfa.com.

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# The perfect book to calm your nerves: Monkey Mind

### **Chris Colfer. Actor** finds 'glee' in penning children's stories

Glee star Chris Colfer says his favourite childhood memories are going to the book store at midnight to get the next Harry Potter book.

He recalled in a recent interview, "just being there with everyone happy and dressed up, and those were just really happy moments

It makes sense then that the 22-year-old would want to contribute to that world. He's written his own children's novel called The Land of Stor-

ies, which is now in stores.

The book is about twins
Connor and Alex, who find
themselves sucked into their favourite book of fairy tales, suddenly face-to-face with the characters they grew up read-

Colfer said he came up with the idea as an inquisitive child who questioned the fairytales his mother would read to him.

"I used to ask, 'Mommy, who's the man in the mirror? Why's he talking to the evil queen? Why's she so evil? Why does she hate Snow White so much?'

"I just tried to clarify the questions that I had as a kid," he said.

If the book were adapted into a movie he would love for Meryl Streep to play the various fairy tale characters.

I think ultimately I would love to see Meryl Streep play every role just because I think. 'Who would not want to go see that movie? Who would not want to go see Meryl Streep playing The Big Bad Wolf or Red Riding Hood?' I mean it would be great."

Colfer said he wrote the book last summer during the

Glee world tour.
"I was writing constantly in my hotel room and under the stage during performances even, and I'd be singing, I Want to Hold Your Hand and I'd think of something really witty for Connor to say. Had to run downstairs to the changing booth, type it into my computer, run off and do Single Ladies in leotard. It was an interesting summer. I don't think I've mentally recovered from that time. THE ASSOCIATED PRESS

#### License to panic.

Writer exposes his agonizing struggle with anxiety to demonstrate the ubiquity of it in our lives

**ANGELOTTI** 

Following basic introductions during a phone interview, whether or not the person on the other end of the line can detect your voice quivering, it's not becoming to admit that you're nervously pulling your hair out. That is, unless you're talking to Daniel Smith.

Reassuringly, the author recalls a similar experience, pitching to publishers his memoir about anxiety, Mon-key Mind. It occurred to him then that having written about the disorder gave him license to panic, to be comfortable in his own sweat-sodden skin.
"Now I can just come right out
and say it," Smith boisterously
exclaims. "Not only do I not have to hide it, but I should tell (people)! I should have thought about this years ago.

In Monkey Mind, Smith divulges adolescent traumas and subsequently, the pivotal attacks and everyday pangs of anxiety. Through trial and error after error, he learns to mitigate them, finding comic relief along the way. He re-counts, for example, discovering that maxi-pads best trap armpit sweat, second only to Botox injections. To unabashedly laugh out loud or cry — or both - at Smith's naked confessions is inevitable and apropos. "I'm easily embarrassed and self-critical, but not easily shamed," he insists, adding that he exposed his own agonizing struggle with anxiety in order to show the ubiquity of it. "There's no one who hasn't experienced anxiety in one form or another. Built into the pro-

ject is the idea of universality."

According to Smith, anxiety differs from fear in that the former is the looming, unpleasant feeling brought on by the latter. Chronically anxious people are acutely aware of themselves and what triggers those feelings to arise within. "Anxiety is self-centeredness," he says, speaking slowly now, with a sudden equanimity. "It's not narcissism because narcis-

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sism is self-love. The word I love is solipsism, which means a locked-in syndrome, an obsession with what's inside your own head and how the world comes at you.'

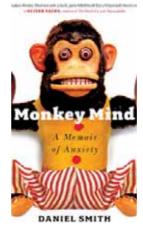
Although he says he hasn't found writing in general or about anxiety in particular to be therapeutic, Smith does offer suggestions for how to combat restlessness beyond momentary stopgap measures like drinking, taking a pill or even orgasms. "I'm not convinced that (anxiety) can be cured or even that it would be desirable to be cured," he says, conceding that the only effective disciplines to have eased his worried mind are meditation and Cognitive Behavioral Ther-

The Buddhist meditative technique of training oneself to see that thoughts often rise and fall away is useful, he says, "because it turns you away from self-absorption, ironically, because while meditating you're looking only at yourself." Smith draws comparisons between Buddhism and psychotherapy insofar as that both emphasize awareness. "CBT takes the statements that otherwise the mind considers assumptions and jumps straight to anxiety and catastrophe and questions them." Whereas Buddhism advises letting go of uncontrol-lable thoughts, "CBT asks you to scrutinize them."

For Smith, with consistency and practice, these methodologies ultimately don't conflict with each other. "It's all about day after day fighting the good fight against your wormy, screwed up habits of mind."

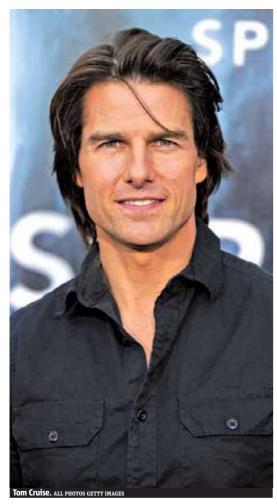
But he resigns that falling off the wagon and back into anxious patterns is easy to do.

"You ĥave thought a certain



way for years," he says. "Nothing is going to be able to train you out of that completely because the circuits are there





#### Tom Cruise gets first visit with Suri since divorce

Tom Cruise had his first visit with daughter Suri since he finalized his divorce settlement with Katie Holmes, according to Us Weekly.

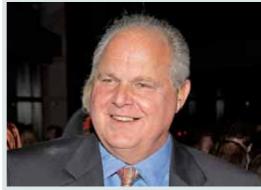
The actor flew overnight from the California set of Oblivion to spend time with the six-year-old in New York, where paparazzi spotted Cruise carrying Suri around, her head buried in his shoulder.

"Katie wants to make sure the visits are in the

"Katie wants to make sure the visits are in the context of him being a parent figure." source

context of him being a parent figure," a source recently told the magazine. "He adores Suri, but now he's afraid he won't be able to have a close relationship with her.

## **METRO DISH**



#### Limbaugh trying to get a rise out of Dark **Knight fans**

THE WORD

Rush Limbaugh is like a cat on a diet — it's best to ignore his constant whining and pawing until it's truly impossible to read the paper in peace.

Unfortunately, today is one of those days, so you'll have to excuse us as we tune in to his thoughts on The Dark Knight Rises.

On his Tuesday radio show, Limbaugh laid out an impressive conspiracy theory, even for him: The villain of the latest Batman flick is named Bane, which he believes is a reference to the venture capital firm presumptive Republican presidential candidate Mitt Romney worked for. Take it away, Rush.

'Do you think that it is accidental that the name of the really vicious fire-

breathing, four-eyed whatever in this movie is named Bane?" he asked. "A lot of people are going to see the movie — and it's a lot of brain-dead people, enter-tainment, the pop-culture crowd — and they're going to hear Bane in the movie and they're going to asso-ciate Bain. The thought is that when they start paying attention to the campaign later in the year, and Obama and the Democrats keep talking about Bain, Romney and Bain, that these people will think back to the Batman movie — 'Oh, yeah, I know who that is.'"

Rush, we're going to excuse the "brain-dead" comment in the hope that it's a zombie reference we mindless pop-culture people like our zombies.

But we also have to point out that the character of Bane first surfaced in the 1993 comic and also appeared in the 1997 film Batman & Robin.

Now, as for Heath Ledg-er's spectacularly, award-winningly deranged Joker? We can't promise there wasn't a little GOP inspira tion there.



# Lopez looked through Casper when they first met

In his first public comments about his relation-ship with Jennifer Lopez, Casper Smart admits he didn't see fireworks the first time they met.

"I don't think it was for either of us," Smart

says when asked by Good Morning America if it was love at first sight for him and Lopez.

"It was just very natural how it happened. There was nothing before, no flirting, nothing.



@lindsaylohan

its interesting to orchestrate a sex scene w/forks & spoons





@channingtatum

I think all thongs are "interestingly" uncomfortable and hilarious



@BrettRatner

Who knows where I can buy this round sauna with a window for my house?



@normmacdonald A dingo punched my son in the face for not doing



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**STYLE** 

# LIFE

**Fashion Flash** 

#### **Famous** fanny: Gaga bares **bod** for fragrance

Lady Gaga has revealed her body yet again in an advert for her first fragrance Lady Gaga Fame. The ad campaign, shot by world-famous fashion photographer Steven Klein, features a reclining nude Gaga wearing a black mask as she holds the gold-topped fragrance bottle in an outstretched hand. Luckily for Gaga, her intimate areas are dutifully hidden by what appear to be mask-wearing, thongclad miniature mythical warriors — 'Little monsters' perhaps? The scent's ingredients are listed as Tears of Belladonna, crushed heart of tiger orchidea, with a black veil of incense, pul-verized apricot, and the combinative essences of saffron and honey drops." Bizarre, yes, but suitably kooky.

METRO WORLD NEWS

On the Web



e high-tech swimsuits of the last Summer banned, but Canada's swimmers say it's still an adventure squeezing into their tight racing watch the video

# Licence to kill... in style

**New Bond film Skyfall** marks 50 years of girls, gadgets and 007 charm. Here, the film's costume designer Jany Temime talks tight trunks and getting up close and personal with Daniel Craig's 'perfect body'

RICHARD **PECKETT** 

Since James Bond first hit the screen in 1962's Dr. No, 007 has been privy to a bevy of top tailors and international designers. The latest is Jany Temime, costume designer of this fall's Skyfall — and long-time Harry Potter costumer. She's charged with bringing

Bond into 2012 while re-

Bond to step into the breach and puts his body on the line for Queen and Country with the good fortune of having Tom Ford's tailoring as his body armor of choice. "We decided to settle for something very body-con-scious in muted colors like soft blues and grays. First, he has a lovely body," she says, with a laugh, "so it was quite interesting to use it and second, it helps to fol-

low all his movements."

The French-born designer assures me that she took inspiration from the '60s, with a nod to the first Bond played by Sean Connery. "It has a modernized '60s al-

specting his legacy.

"James Bond is such an

iconic figure, so in one way you have to modernize it, but on the other side you have to respect people's ex-pectations," she tells Metro. Daniel Craig is the sixth

> lure but not boxy like a suit from that era. The suit has narrow lapels, high-waisted, tight trousers that just break on the shoes and cut in lightweight fabrics such as fine wool and mohair.'

Body-skimming tailoring

is one asset that Bond has never been shy of bearing all for the camera — and we'll see his legs in this installment.

"His light blue shorts, they're very iconic of Bond and why not? Daniel Craig

has the body to use them, she lets slip. When asked if they're similar to Connery's Dr. No trunks, she responds, "Well, let's just say that the shape and the colour could be similar. I'm not allowed to tell you that, I suppose!'



# Designing 007

Designing 007: 50 Years of Bond Style, a new exhibit in London, features the looks of Bond past, includina:

Matchymatchy **Bond** girls



#### **Gadgets and gizmos**

Jaws' Teeth: Moonraker & The Spy Who Loved Me



The Golden Gun: The Man With The Golden Gun

#### Here's a look at what else we'll see

#### Eve. the co-worker

"She's the colleague that you shouldn't play with; that very sexy 'girl next door' kind of look," says Temime. Gents, it certainly appears that the high-octane action scenes are not the only thing that'll excite as the designer en-thuses, "Eve (Naomie Harris) has the most amazing body and the most beautiful bottom (gasps). I used bright colours, a yellow skirt, orange dress and beige because of the colour of her skin - it brings a warmth and a flash in the film.



#### Sévérine, the **Bond** girl

"I was inspired by the film noir and the '50s — she has that aura of classic beauty," says Temime. It seems Sévérine, played by the sultry Bérénice Marlohe is a femme fatale who shares traits with Eva Green's Vesper Lynd (Casino Royale) as the costume designer describes: "She is somebody who you never quite understand but you know that she has had a heavy past." She adds, "Sévérine, she's a bad girl.

#### Temime on Bond baddie Silva

"Oh, Javier (Bardem) is completely different. He has a touch of sexual danger," says Temime, who continues the movie's sexual trope. Although Bardem's role in the film is being kept hush-hush, he does at one stage appear like many Bond villains before him with a blond hairdo. The costume designer reveals: "His suits are from a Savile Row tailor. If Iames Bond is an English gentleman in every situation, Javier is not in all."





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#### @Jeanne Beker: WHAT a steamy summer! What's the HOTTEST outfit you own?



blackbaronmillo: Here I am in my birthday suit! Skinny dipping in the lake @DomaineSummum in Mont Tremblant. #ete2012 xo

#### @Firezombie

my bday suit :P

A very popular answer! Hopefully, it's lightweight and wrinkle free!

#### @sexvpartvanimal

my booty shorts are ripped up the sides right to the belt line :P #whynot lol

probably my dress from @shopbop designed by #siennamiller - its short & sexy - plus I got it 70% off! #dealsareHOT:)







#### Canadian street style

#### Kelsey

Student and part-time waitress

Age: 24

What she's wearing: Jacket from Urban Outfitters, denim shirt and dress from Aritzia, bag from Marc by Marc Jacobs and shoes from

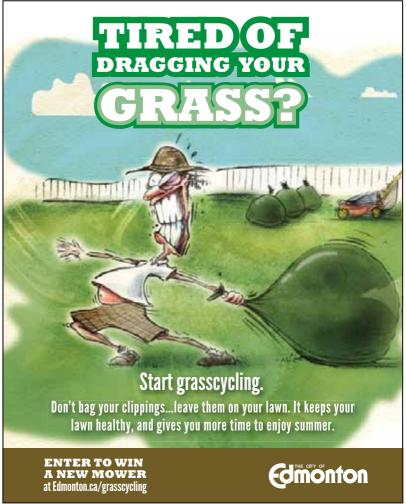
#### Her inspiration:

"I'm in my tourist outfit. I like effort-lessly girly looks."

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metr⊕

# How to work from home — in style

**Design meets** function. Consider wood tones, fabrics, furniture and storage as part of your decorating scheme



CENTRE

Beginning in the fall, I will be working part-time from home. To accommodate this I need a small desk area for my laptop and storage, which will all need to go in my living/dining room. Any suggestions on how this could work?

The last thing you want is to set up an obvious office in the middle of your

entertaining espe cially when you won't be using it full-time.

suggest creating a desk area that blends with your current



decorating scheme. Consider wood tones, fabrics, furniture styles and method of storage as your key components when deciding how to decor-

An option for a discreet, non-traditional desk could be something as simple as a modern Parson-style console table, an antique secretary china cabinet (that also offers decorative display) or a retro-





looking desk that is both

sculptural and practical.

If you are only using an office chair for an hour or so each day then choose something comfortable yet super-stylish, rather than the standard five-wheeled executive chair.

Match the chair's style to the desk; if you've chosen a retro desk, then choose a retro chair. The chair should blend well enough into your living room's decor scheme

that it could be used as extra seating without looking out of place.

There are two types of storage: decorative storage that is close at hand (for monthly files, receipts and reading materials) and a long-term storage option such as a locker or

an upper shelf in a closet to hide taxes, old files

and rarely used office supplies. Ônce

y o u choose your desk, chair and storage, the fun begins. Treat yourself to a

> Crane Desk, \$765, crateandbarrel.com

few accessories, such as wall sconces, artwork, lamps and other decorative accessories, that blend with your living room's decor and finish off the new work area.

Want to look professional during a Skype conference call? Make the background a neatly arranged bookshelf (with books), not a messy kitchen with your cat on the counter.

#### Cleaning tips

#### Tackle household germs



CHARLES THE BUTLER

What are the most common areas for germs in the average household?

You might be surprised to learn there are more germs in the average household kitchen than in the bath-

Why? We know about the

bacteria in our bathroom and make more of an effort to clean it. But we often don't see or understand bad bacteria in the kitchen or in the remainder of the house.

Here are four common areas that harbour germs and bacteria around your

1. The kitchen sponge: Replace often and wash daily. You can put it in the microwave for one minute on high or in the dishwasher with the full drying cycle to kill bacteria.

2. The remote control: Did you know in hotels the remote is the one item with the most bacteria? Use a cotton swab with alcohol weekly.

3. The telephone and cell phone: Use a cotton swab with alcohol weekly.

4. Door knobs of the bathroom and front door: These also need to be cleaned weekly.



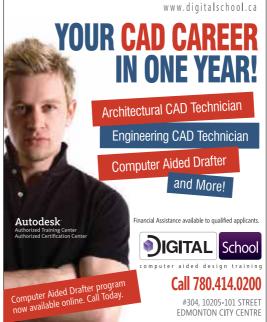


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**HOME** 

# Gardeners beware: Some climbing plants can be thugs

#### **Choose carefully.**

Some plants can be invasive, but don't let that discourage you

Few plants adorn arbors or trellises as beautifully as flowering vines. They also can enhance the landscape with fragrance, provide shade and screen unsightly views.

But be careful which varieties you choose. Some vines can be thugs.

Vines are vigorous growers, which can be both good and bad for impatient gardeners. Fast-growing varieties provide thick barriers that screen welltended yards from unpleasant backdrops. But they also might overwhelm narrow planting beds and spread beyond their intended sites. That means constant monitoring and frequent pruning.

"There's nothing like vines for softening garden fixtures," said Bob Polomski, a horticulturist and arborist at Clemson University in Clemson, S.C. "Most are perennials and come back every year, heavy with

A few things to consider when adding plant supports

- Give vines space to breathe to prevent mould and decay. Set freestanding trellises a few inches away from structures.
- Opt for strength and size when setting up an arbour, trellis or pergola. Vines can live for decades and grow heavy with age.

cooling shade, which is especially welcome in the South."
Knowing where to place vines is critical, Polomski said. "Wisteria produces beautiful blooms, but that at-tracts bees." he said. "Putting vines around mailboxes may not be such a great idea for mail carriers, either.'

None of which should discourage property owners from adding vines to their landscape. They simply need to plan first.

Vines climb in different ways, which may help determine which variety to choose:

Clinging vines, such as Virginia creeper, trumpet vines and ivy, have adhesive tendrils or rootlets that hold them to flat surfaces as they grow. That can make them difficult and even damaging to remove if the vines are attached to shingles or wood siding.

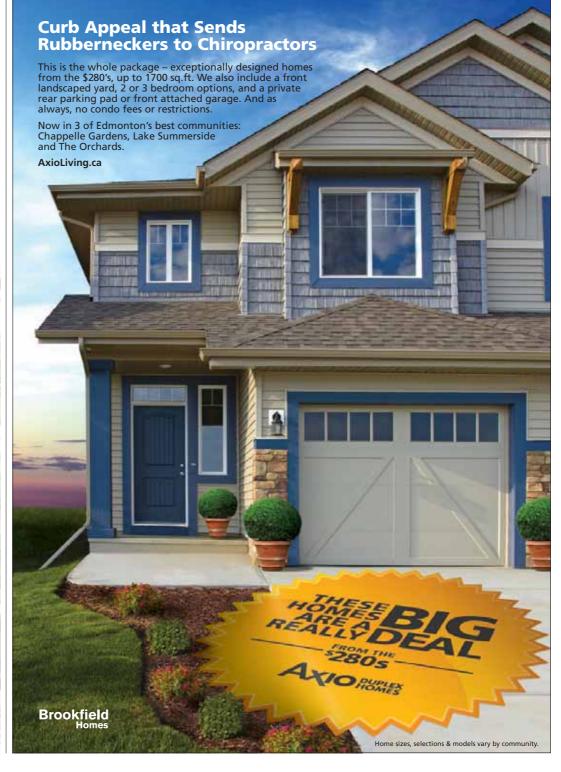
Twining vines, such as

clematis, jasmine, wisteria and morning glories, spiral upward, looping around poles, latticework or fences.

Roses, bougainvillea and sweet peas are sprawling plants that often must be tied to a trellis, especially when getting started.







metronews.ca Thursday, July 19, 2012

# Superfood makes super pasta

Any variety of kale is fine in this super easy pasta dish as everything is cooked in one pot, says Sharon Hanna, author of The Book of Kale.

Feel free to use mature leaves as they'll be whirled with goat cheese to create a striking-ly green pesto that melts into the hot pasta. If you have calendula in your garden, be sure to garnish the pasta with some edible orange petals — nasturtiums work too.

This is suitable for vegetar-

This is suitable for vegetarians and those on a gluten-free diet if non-gluten pasta is used.

- 1. Bring a large pot of salted water to a boil. Add garlic and shallots and boil gently for 4 minutes. Add kale leaves and continue to boil for another minute. Watch the pot you want the kale to remain bright green.
- **2.** Using a slotted spoon, remove kale to a colander. Scoop out garlic and shallots and transfer them to the bowl of a food processor. Leave pot with water at a boil. Drop pasta into boiling water.
- **3.** While pasta is cooking, squeeze excess moisture from kale. Add to food processor

along with cheese, pine nuts, salt, pepper and lemon juice. Process while adding olive oil slowly, until mixture is creamy.

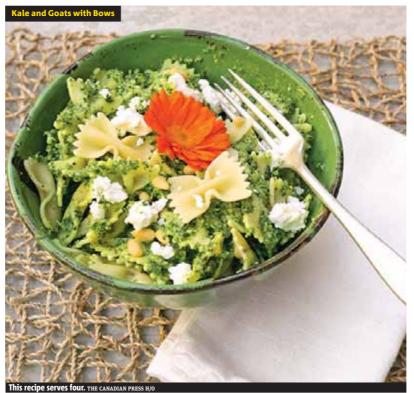
- **4.** Let pesto mixture stand until pasta is cooked to the desired texture.
- **5.** Drain pasta well and combine with puréed mixture. Before serving, sprinkle with extra goat's cheese and fresh thyme leaves, if desired.

THE CANADIAN PRESS/THE BOOK OF KALE: THE EASY-TO-GROW SUPERFOOD BY SHARON HANNA (HARBOUR PUBLISHING CO. LTD., 2012)

#### Ingredients

- 6 large garlic cloves, peeled • 2 or 3 small shallots, peeled
- 2 or 3 small shallots, peeled
  2 l (8 cups) kale leaves,
- packed • 350 g (12 oz) dried farfalle
- (bowtie pasta)
- 250 g (8 oz) soft goat's
- cheese, plus extra for topping
   45 ml (3 tbsp) pine nuts
- Salt and black pepper, to
- 45 ml (3 tbsp) lemon juice
- 125 ml (1/2 cup) extra-virgin olive oil

•Fresh thyme leaves (optional)



Book of the week

#### Discover joys of a 'miracle food'



Kale has been lauded one of the most nutrient-dense greens in existence. Yet, many don't know how to make it taste good.

Sharon Hanna changes that with her book The Book of Kale, which offers more than 70 simple recipes for breakfast, lunch, dinner and snacks.

Wilted Kale with Caramelized Parsnips, Pizzocheri Noodles with Greens and Fontina, Kale and Potato Torta and Kale in Coconut Milk with Salmon Candy are all sure to blow kale skeptics out of the kitchen.

The book also provides tips on growing kale in your own backyard. METRO

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# Overlooked herb stars in Fried Sage & Parmesan Penne dish

It's hard to not love an ingredient that loves fat.

And that's exactly what sage does — it partners perfectly with foods rich in oils and fats. That's why it is so common in hearty holiday foods. Actually, that's part of sage's problem too, and why it has a relatively low profile in American cooking compared to other herbs, such as basil and oregano.

In Italy, sage rules saltimbocco and osso bucco. But it's also a natural with butter-drenched pasta — like this one.

**1.** Bring a large saucepan of salted water to a boil. Add the

#### Ingredients

- 1 lb penne pasta
- 1 egg
- 2 tbsp all-purpose flour
- Salt and ground black pepper12 large fresh sage leaves
- 4 tbsp butter
- 1/3 cup pine nuts
- 1 cup grated Parmesan cheese

pasta and cook according to package directions. Reserve 1/4 cup of the cooking water, then drain the pasta, return it to the pot, cover and set aside.

- **2.** Meanwhile, in a small bowl, lightly beat the egg. Place the flour in a second bowl, then mix a bit of salt and pepper into it.
- **3.** One at a time, dunk each sage leaf first in the egg, then in then in the flour. Shake off any excess flour, then set aside
- **4.** In a small skillet over medium-high, melt the butter. When it just starts to bubble, add the sage leaves and fry for 1 to 2 minutes per side, or until lightly browned. Transfer to a plate and set aside. Add the pine nuts to the skillet and toast in the butter that remains in the pan for 1 minute.
- **5.** Drizzle the butter and pine nuts over the cooked pasta. Sprinkle in the Parmesan and use tongs to toss until melted. While tossing, drizzle in just enough of the reserved pasta



cooking water to create a thick sauce. Season with salt and pepper.

**6.** Divide between serving plates, then top each portion with fried sage leaves.

THE ASSOCIATED PRESS



# A summer favourite returns

**World of fun.** Capital EX offers food, rides, shopping, exhibits, entertainment over 10 days

CANDICE WARD

Although Capital EX has seen a couple of name changes over the years and is about to have another one, this annual exhibition will always be a favourite among Albertans.

Running for 10 days, from

July 20-29, the fair offers a world of fun possibilities. Whether you are there for

Whether you are there for the food, rides, shopping, exhibits or entertainment, Capital EX is like no other event in northern Alberta.

Gates open daily at noon and you will not be able to gain admittance to the grounds after midnight. Gate admission for adults is \$14, \$10 for youth (seven to 12 years), \$7 for seniors (60 years and older), and children (six and younger) are free.

(six and younger) are free.

If you are looking to save a little money this year, there are a number of ticketing options to help you do so

tions to help you do so.
Purchase the Multi Day
Pumped Up Fun Pass for only
\$29.99 (a \$140 value) for your
10-day gate admission and
your unlimited pass to exhibits and attractions in the
Edmonton EXPO Centre, and

musical entertainment including the Aluminum Show. These passes are available

These passes are available at participating Save-On-Foods locations and Ticketmaster until midnight of July 19.

If you are bringing the kids for a day at the fair, or heading out for a night with friends, Capital EX is your destination for all things fun over the 10 days.

Kids can spend the day at Family Fun Town, which features daily entertainment.

A trip to Capital EX can even be educational for the kids with a stop at The Farm in Hall C of the Edmonton EXPO Centre.

If they have had too much excitement, take the kids down to Storybook Lane, where live animals illustrate

#### Choose a new name

"Next year, Capital EX will be taking on a new name and you can have your say on what it will be. Until July 28, log on to nameyourfair.ca to vote on what you think the new name should be."

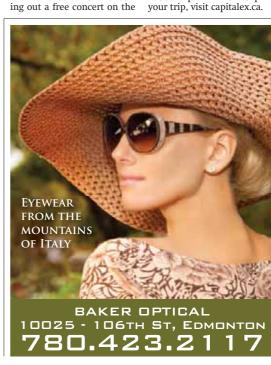
stories from their favourite children's books.

For the adults, relax in the Fusion 53 Lounge & Casino with friends before checking out a free concert on the

Telus Stage or catch the fireworks at the end of the evening

For more information about Capital EX or to plan your trip, visit capitalex.ca.





metr⊕ **CAPITAL EX** 

# Tune into the Telus Stage

WARD

Get ready to rock the night away and kick up your boots at Capital EX with an exciting lineup of performances on the Telus Stage.

There is something for all musical tastes during this

#### **July 20: AWOLNATION**

Fresh off its latest performance at The Coachella Valley Music and Arts Festival, the band brings its 2012 tour to Edmonton.

#### July 21: Sam Roberts Band

This iconic Canadian band will bring hits Bridge to Nowhere and Don't Walk Away Eileen, along with new songs from the latest album Collider.

#### July 22: Deric Ruttan

Country music fans will be thrilled when this awardwinning singer brings his latest hits Main Street 1979 and She's Like a Song to this year's exhibition.

#### July 23: Theory Of A Deadman

No opening act needed for these Canadian rockers. This award-winning band will be sure to have you energized for the evening.

July 24: Lights
As the only solo female artist to grace the TELUS Stage this year, Lights is sure light up a few hearts.

#### July 25: Mother Mother

Fans of Mother Mother might just get a chance to hear some future hits from their upcoming fourth album, The Sticks, when they take to the

#### July 26: George Canyon

Fan and festival favourite, this Canadian Country Music Award and Juno Award winning artist will give all music something to talk about for





years to come

#### July 27: Matthew Good

He is not just good, he is great and he brings his chart-topping hits to the TELUS Stage on the final Friday night.

July 28: Simple Plan

If multi-platinum band and catchy hits are your thing. you won't want to miss this

mer frontman of Skid Row to close out Capital EX for another year.

All headlining acts begin at 9:30 p.m.

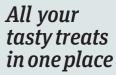
Admission to all these amazing shows is included in the price of your gate admis-





tian Bach, former Skid Row

n, will play the Telus



Whether you love traditional fair food like cotton candy and corn dogs, or if you have more adventurous taste buds, Capital EX has all your tasty treats to whet your appetite.

"Bring your appetites to the midway and eat your way through Capital EX," says Jennifer Sheehan, spokeswoman for Northlands

Seen as Edmonton's premiere summer foodie destination, there are a number of new food offerings this year for the calorie glutton to the gluten-free eater.

With items such as Cricket Pizza, the Grill Cheese Sandwich Burger, Sheppard's Pie Poutine, and French Fried Wagon Wheels on the Capital EX menu, it's hard not to get excited about this year's food lineup.

For those with a sweet tooth, try out the new Black Forest Apple Elephant Ear, Sweet Potato Chips Dipped in Cinnamon, or purple candy apples.

The feature food this year is the Cream Puff, which is fixed just the way you like it with your choice of tempting toppings.

New this year, Capital EX has introduced Rib Fest, where you can check out the outdoor barbecue destination featuring five ribbers.

Off the midway, there are a number of food options available if mini doughnuts and corn dogs are not your thing.

Capital EX is excited to launch Fusion 53 Lounge & Casino, an over-18 venue that will be home to live entertainment, food, drinks and Vegas-style casino gambling machines.

If you are looking for a little more adventure in your food, be sure to Eat at The Grand. This is where you will find a large selection of international cuisine, healthy and gluten-free dining options.

CANDICE WARD







# July 29: Sebastian Bach Rock out with the for-EX.

STARTS I ROBERTS LIVE ON TELUS STAGE JULY 21

**CAPITAL EX** 



# A Nitro-charge

CANDICE WARD

Hold on to your cookies Edmonton, there is a new ride in town this year.

Making its debut to Capital EX's midway is Nitro, the 335-metre-track rollercoaster.

"The Nitro is a steel portable coaster that features 335 metres of track that takes you through mind-bending twists, hairpin turns and steep drops as you dip and dive through the exhilarating ride of almost 120 seconds, says Lori Roggero, spokesperson for North American Midway Entertainment.

"The massive green and blue track snakes riders on a very smooth ride as the Nitro navigates a series of hills with state-of-the-art safety features coupled with North American Midway's fine team of industry leading ride safety professionals.

Roggero says this ride is for young thrill-seekers and the young at heart, just as long as they are at least 42 to 48 inches tall, with an adult

Made specifically for North American Midway, the Italian-made cars steer

according to Roggero.

This coaster joins a number of exciting rides brought to Capital EX through North American Midway Entertain-

Acquired in late 2011, North American Midway Entertainment turned the naming of the new coaster over to Canadians.

With more than 3.000 submissions, Naomi Linstein of Ottawa, will get to see the name she chose up in lights.

She will get to see it in person after she was awarded a four-day trip to Capital EX, with airfare for two, transportation,

The Canadian premiere of the roller-coaster actually took place July 15 in Win-nipeg, and will depart to Toronto after Capital EX for the Canadian National Exhibition from Aug. 17 until Sept. 3.

Be sure to be one of the first to check out Nitro with a number of riding ticket op tions available at Captial EX.

For more information about Nitro or tickets to ride, visit capitalex.

### **Planning.** Insider's guide to Capital EX

CANDICE WARD

Become a Capital EX-pert this year before you even hit the

Plan your trip online at capitalex.ca/things-to-do/ plan-your-day. No matter what type of

fair-goer you are, this tool will help you to maximize your fun while at the grounds.

By answering a few questions online, this site will help you to determine whether you are a Ride Freak, Food Junkie, Shop Fanatic, or Gamer.

Once you have determined how you would like to experience Capital EX, you can click on the date you plan on stopping by the fair.

When the date has been chosen, you will be given a complete list of events and attractions available to you for that day and the times when they are open.

No need to write it all down either — once you have made all of your selections, you can download a PDF of your plan, or have it emailed to you.

If you are more of a "fly by the seat of your pants type, make sure you check out more than just one or two areas to fully experience what Capital EX has to offer.

"Try and spend a little bit of time everywhere at the fair," says Jennifer Sheehan, spokeswoman for North-

You would not want to miss out on some amazing free entertainment, or fantastic new food because you did not venture out of the midway.

If you have over-planned your day and need to take a break, hand stamps are available for guests who wish to leave and re-enter the grounds during the same day.

This will allow you to ride rides all day, then come back and check out some of the big performances on the







TELUS Stage at night and stay for the fireworks without feeling too worn out.

The grounds open at noon every day and there will be public admissions after midnight, so plan accordingly.

Also, be sure to view or print off the map so you know exactly where are headed and don't miss

a thing.



metronews.ca Thursday. Ululy 19, 2012

# Plenty of new features to keep the fair fresh

CANDICE WARD

Capital EX has cranked up the music and pumped up the fun this year.

With a new year comes a new theme and this summer it is all about the music.

"We have really pumped up the fun and cranked up the music this year," says Jennifer Sheehan, spokeswoman for Northlands.

"No matter what type of music you like, there is something for you to enjoy."

Whether you are a rock 'n' roll enthusiast, a lover of all things Motown, or have a special place in your heart for classic country, Capital EX has you covered.

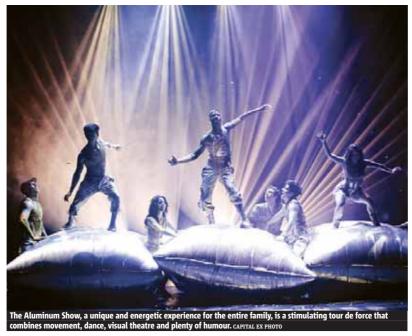
Along with a new theme, fair-goers can expect a number of new additions, such as new midway rides, food, exhibits and shopping.

Thrill-seekers will be

Thrill-seekers will be drawn to the new roller-coaster Nitro, a 335-metre-track ride making its first appearance at Capital EX.

ance at Capital EX.

Midway lovers will also be thrilled with a number of new ticketing options this year, including the Midway Express Access pass, giving you front-



of-the-line access so you can pack in as many rides as you can throughout the 10 days.

If you just can't get enough of Capital EX and you know you will be hitting the grounds more than twice in the 10 days, the new Multi Day Pumped Up Fun Pass is the ticket for you.

This pass gives you 10 days of gate admissions and un-

limited access to exhibits, attractions and concerts on the TELUS Stage for only \$29.99 (a \$140 value).

The excitement never stops at Capital EX with a



number of new shows, such as the Aluminum Show, exhibits and even new food.

If shopping is your thing, Shop at The Grand offers shoppers a unique experience that can only be had at Capital EX.

Next year, Capital EX will

be taking on a new name and you can have your say on what it will be.

Until July 28, log on to nameyourfair.ca to vote on what you think the new name should be.

The new name will be announced July 29 at Capital EX.



July & August at the Slots at Northlands Park

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ENJOY OUR \$5
BREAKFAST BUFFET
during Capital EX
9 am - 10:30 am daily



# PARK - Saturday, July 21

4 Stakes races, win a trip to Las Vegas compliments of Caesars Entertainment



PARK



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**Sherwood Park Lakeland Ridge** 

# Everyone loves a parade

Opening the fair. Extravaganza will feature floats, balloons and marching bands

LUCY HAINES

The Capital Ex parade has avoided disaster. A world-wide helium shortage could have meant no huge balloons at this year's event, and everyone knows giant character balloons are a must-have in any great parade.

Not to worry. After some clever adapting of cold air balloons, nine giant versions of Nemo, Alice in Wonderland and the like will still bob along downtown streets with 120 other entries as a kick-off to the city's 10-day summer fair.

In its 88th year, the parade features five marching bands, 40 floats, live music and roving street performers.

One elaborate float is from Edmonton's Chinese community, a showpiece with dragons, cultural performers in traditional dress and a replica of the Chinatown gate.



Lion dancers and even those dressed as pandas — 100 participants in all — make this entry a showstopper.

In keeping with the fair's 2012 theme of music, a firstime float big on hip hop and rap is set for an intense debut. iHuman Youth Society, which works with high-risk 12- to 24-year-olds, presents an oversized "Hip Hop is Not Dead" skeleton marionette puppet DJ scratching out original music, while 10 to 15 other youth perform alongside.

"We wouldn't normally be able to participate in Capital Ex this way," said iHuman Youth Society executive director Catherine Broomfield, whose group was given \$2,000 toward the project from a fundraiser at Cardinal Leger Junior High School. "It's a great way to engage our youth and give us more exposure in the community."

There is plenty of pizzazz in store thanks to participants like the Edmonton Latin Festival, the first ever youth drum corps called Impact, and an opening production number with 50 dancers and yet more music. Motown legend and Funk Brother Jack Ashford will be the parade marshall, so you know this parade will have its groove on.

"The rest is top secret. You'll have to come and see what's in store," teased Northlands Communications specialist Jennifer Sheehan.

The Cap Ex parade starts Thursday at 11 a.m. at 99 St. and 102 Ave.



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#### NHL

# No date-rape charge for Kings' Doughty

Prosecutors have declined to file a date-rape charge against Los Angeles Kings star Drew Doughty, citing insufficient evidence.

The Los Angeles County District Attorney's Office issued a report Wednesday concluding there was not enough evidence to prove the case beyond a reasonable doubt.

A woman who accused Doughty of raping her said she had consensual sex with him previously.

She told of drinking with him at a Hermosa Beach bar, then going to his home, where she alleged he assaulted her.

THE ASSOCIATED PRESS



#### CFL

#### Argos edge past ailing Bombers

Ricky Ray threw three TD passes, including a 37-yard strike to Jason Barnes with 2:06 remaining, to rally the Toronto Argonauts past the hard-luck Winnipeg Blue Bombers 25-22 on Wednesday night.

Toronto (2-2) needed Ray's heroics to pull out the win over the Bombers (0-4), who lost receiver Terrence Edwards, safety Ian Logan and defensive lineman Brandon Collier to first-half injuries. The defending East Division champions have lost 10 starters — including quarterback Buck Pierce — to various ailments this year. THE CANADIAN PRESS



# Tortured season so far for 'Iron Maiden'

IndyCar. Heading into Edmonton, De Silvestro focuses on putting car troubles behind her

If adversity makes you stronger, then IndyCar's Swiss Miss should be able to deadlift a Dallara chassis.

Simona De Silvestro and her HVM Racing team are in Edmonton this week hoping to put a slew of problems behind them that have left her buried deen in the driver standings

deep in the driver standings.

"Finishing races would be a pretty good first goal. We've only finished three races this season," said the 23-year-old.
"We've had a really difficult season, but we just have to work through it and try to get the best we can every race

Quoted



"Usually you go into the race and you want to win it, where in our case it's not really realistic, so you try to make a better result than you had before."

IndyCar driver Simona De Silvestro on her aspirations for Edmonton

weekend."

De Silvestro's No. 78 Dallara stalled out at the season opener in St. Petersburg, Fla., and it's all gone downhill from there: Collisions, mechanical problems, engine failures, fuel pump problems and gearbox breakdowns.

She was also blackflagged early at the Indianapolis 500 because her Lotus engine was too slow.

Lotus has indeed been the locus of HVM's despair. The engine-maker came late to the

series in 2012, and its 2.2-litre turbocharged powerplant has been running about 2.5 per cent slower than the Chevy and Honda engines being used

The four other teams using Lotus have switched to a rival.

by the other teams.

Lotus has been allowed to make modifications, and De Silvestro said the 2.5 per cent gap narrowed a bit in Toronto two weeks ago and may close a bit further for Sunday's race on the 2.2-mile, 13-turn temporary street course at Edmonton's City Centre Airport.

**SPORTS** 

"I think we got a little bit closer (to bridging the gap)," she said. "But I think we're still outside of that."

The woman from Thun, Switzerland — dubbed the "Iron Maiden" or "Swiss Miss" — sits 24th in the point standings. She has completed just 598 laps in nine races while all the other full-time drivers in the series are over 1,000.

When De Silvestro's cars holds up, there have been results: A 13th-place finish at Belle Isle, Mich., and 14th at Iowa.

And the skill is there, as she showed last year in St. Petersburg while duelling with Tony Kanaan en route to a fourthplace finish — her best result in three years of driving in IndyCar.

THE CANADIAN PRESS

**SPORTS** 

Cycling

#### Wiggins' lead grows in France

Cadel Evans' hopes of retaining his Tour de Wednesday in the first day of Pyrenees punishment, losing ground to leader Bradley Wiggins in the 16th stage won by Thomas Voeckler. **Evans fell from fourth** to seventh overall after struggling on the last two climbs out of four in the stage, while Wiggins wore the yellow jersey a little more comfortably. Evans said he had been battling stomach prob-lems. Also Wednesday, Luxembourg rider Frank Schleck denied taking any banned substance despite testing positive for a forbidden diuretic at the Tour de France. and has suggested he may have been poisoned. The RadioShack Nissan Trek team leader said he "formally rejects" having taken any banned substance, and requested the "B" sample to be tested. THE ASSOCIATED PRESS

Mobile sports



public courtship of Magic centre Dwight Howard has come to end — for now. The Nets signed Brooke Lopez to a four-year, \$64-million US extension on Wednesday and the seven-footer says he's harbouring no hard feelings. Scan the code for the story.

# NHL labour talks remain peaceful for now



The NHL and the NHL Players' Association resumed labour talks at the league offices in New York on Wednesday.

The two sides held a cordial meeting for more than two hours in another round of negotiations for a new collective bargaining agreement before the current one expires on Sept. 15.

Executive director Donald Fehr said the NHLPA has not yet decided to make a counter-offer to the league's initial proposal last week.

"We requested further information." Fehr said. "The initial

#### Quoted

# "We have a lot of work to do and a relatively short time."

NHL commissioner Gary Bettman

proposal we are looking hard at.

"We're not at that stage (to submit a counter) yet. At the appropriate point in time, we'll make our proposal."

There were multiple reports coming out of the last round of talks that the owners' offer included players' hockey-related revenues getting slashed from 57 per cent to 46 per cent. It also was reported that players would be forced to wait 10 years before becoming unrestricted free agents and that contracts would be limited to five years.

Fehr said the NHLPA would submit a proposal "at the appropriate point in time." He did not specify when that would be

NHL commissioner Gary Bettman said the league's offer last week was a "serious pro-DOSAL" THE ASSOCIATED PRESS metr

34 SPORTS: LONDON GAMES

metronews.ca
Thursday, Uly 19, 2012



# Heymans plunging towards history

**Diving.** One more podium finish will put Canadian legend in league of her own

Emilie Heymans could earn a special place in the annals of the Olympic Games this summer in London.

A podium finish in one of her two events would make her the first diver in history to win a medal at four consecutive Olympics.

Her record is already impressive: She has won at least one medal in each of the major multi-sport games — Olympic, Com-

monwealth and Pan American — since her arrival on the international scene in 1999. In addition to her 15 medals, she won the 2003 world championship in the 10-metre tower and was runner-up in the three-metre springboard at the worlds in 2009.

But Heymans is not the type to dwell on her list of accomplishments. Leave that to her biggest fan, her father Eric Heymans.

"My father is very involved in my career," says the 30-year-old diver. "He manages my sponsorship and media requests. I consult him often and he's the person whose opinion mat-

ters most to me."

In fact, Heymans has always relied on the support of both her parents throughout her career. Both were elite athletes in their own time.

Eric Heymans played soccer in Belgium, his home country, and her mother, Marie-Paule Van Eyck, competed in Montreal's 1976 Olympics as a member of the Belgian fencing team.

"We have always considered it a privilege to support her career," said her father, adding that he adopted the approach of supporting her through "non-interference, but not indifference."

"We are in the back-

ground, but never far away if she needs us," added her mother.

No matter what happens in London, Heymans has already realized her dream.

"My childhood dream was just to go to the Olympics," says Heymans. "It remained a dream and I didn't think I could achieve it. So to have taken part four times, it's really extraordinary."

After the London Games, Heymans plans to retire from diving to begin another career she believes will be just as exciting. With a degree in fashion marketing, she's working on developing her own line of swimwear.

THE CANADIAN PRESS

# Basketball. With NBAers in town, largely ignored hoops gets some attention

The question would be almost unimaginable in North America

America.
"Who's No. 6?" a reporter asked a U.S. official.

Yes, even LeBron James isn't recognized everywhere in Britain, where soccer is king and basketball is an afterthought.

That will change at least briefly in Manchester on Thursday, with James and the U.S. Olympic team bringing it some rare attention with a game against Britain.

It's only an exhibition, so the result doesn't matter. But the event does, to those who want to see basketball gain a place in Britain's sports culture.

"This is a massive opportunity for British basketball to get some oxygen, to breathe life into the sport in this country," said Chris



Mitchell, who calls Britain's games for BBC Radio. "Team USA being here is arguably the biggest-ever game this country has hosted."

THE ASSOCIATED PRESS

# Sex in the village. Party time for athletes fuelled by testosterone in London

Sex and the City move over. Here comes Sex in the Village. Make that athletes' village. As in Olympics.

Tales of shenanigans at the living quarters for 10,000 super-fit young men and women have always abounded, and London doesn't look as if it will be any different.

Quoted

"The Olympics is the height of your career, so you

might do some things you don't usually do."

British beach volleyball player Shauna Mullin U.S. women's soccer star Hope Solo recently dished about serious partying at the Beijing Games, and some newly arrived athletes say they can hardly wait for the fun to begin.

Most will restrain from going too far, aware they're in the international spotlight.

Still, there's no need to be prudish, according to the man overseeing the health of the Brazilian team.

"(Sex) is common at the Olympics. It's necessary. It's natural," Dr. Joao Olyntho Machado Neto said. "If you are going to be healthy people, why not make sex?

"Brazil is very tolerant with sex as a country. We don't have Victorian minds and we're not religious."

THE ASSOCIATED PRESS



GOLF

#### MLB

#### **AMERICAN LEAGUE**

/ L	-/10	-	•	
EAST DIVISION				
	W	L	Pct	GB
New York	57	34	.626	_
Baltimore	47	44	.516	10
Boston	47	45	.511	101/2
Tampa Bay	47	45	.511	101/2
Toronto	45	47	.489	121/2
CENTRAL DIVISION				
	W	L	Pct	GB
Chicago	50	41	.549	_
Detroit	48	44	.522	21/2
Cleveland	47	44	.516	3
Kansas City	39	51	.433	101/2
Minnesota	38	53	.418	12
WEST DIVISION				
	W	L	Pct	GB
Texas	55	36	.604	_
Los Angeles	50	42	.543	51/2
Oakland	47	44	.516	8
Seattle	39	54	.419	17
Wednesday's results				

#### N.Y. Yankees 6, Toronto 0, 7 innings

Oakland 4, Texas 3 Detroit 7, L.A. Angels 2 Boston 10, Chicago White Sox 1 Cleveland 10, Tampa Bay 6 Baltimore 2, Minnesota 1 Kansas City 8, Seattle 7

Tuesday's results L.A. Angels 13, Detroit 0 N.Y. Yankees 6, Toronto 1 Chicago White Sox 7, Boston 5 Tampa Bay 4, Cleveland 2 Minnesota 6, Baltimore 4 Seattle 9, Kansas City 6 Texas 6, Oakland 1

#### Thursday's games

#### All Times Fastern

Cleveland (Jimenez 8-8) at Tampa Bay (Price 12-4), 12:10 p.m. L.A. Angels (Williams 6-6) at Detroit (Scherz-

er 8-5), 1:05 p.m. Baltimore (W.Chen 7-5) at Minnesota (De

Vries 2-2), 1:10 p.m. Seattle (F.Hernandez 7-5) at Kansas City

(Hochevar 6-8), 2:10 p.m. Chicago White Sox (Quintana 4-1) at Boston (Buchholz 8-3), 7:10 p.m.

N.Y. Yankees (F.Garcia 4-2) at Oakland (Griffin 1-0), 10:05 p.m.

#### Friday's games

Baltimore at Cleveland, 7:05 p.m. Chicago White Sox at Detroit, 7:05 p.m. Seattle at Tampa Bay, 7:10 p.m. Toronto at Roston, 7:10 n m Minnesota at Kansas City, 8:10 p.m. N.Y. Yankees at Oakland, 10:05 p.m. Texas at L.A. Angels, 10:05 p.m.

#### **YANKEES 6, JAYS 0 (6 1/2 INN.)**

Toronto	ab	r	h	bi	New York	ab	r	h bi
Gose rf	3	0	0	0	Jeter dh	3	1	2 0
Lawrie 3b	2	0	0	0	Swisher rf	4	1	1 1
YEscorss	1	0	1	0	Teixeir 1b	3	1	2 2
Rasms cf	3	0	0	0	AIRdrg 3b	3	0	0 0
Encrnc 1b	3	0	0	0	Cano 2b	3	1	1 0
Lind dh	3	0	0	0	AnJons If	3	0	1 1
Arencii c	3	0	2	0	J.Nix ss	3	2	2 0
KJhnsn 2b	2	0	1	0	RMartn c	2	0	1 0
RDavis If	3	0	0	0	Wise cf	3	0	2 2
Vizquel ss-3b	3	0	0	0				
Totals	26	0	4	0	Totals	27	6	12 6
Toronto			0	00	000 0-0			
New York			4	00	101 0-6			

#### **NATIONAL LEAGUE**

EAST DIVISION				
	W	L	Pct	GB
Washington			.596	_
Atlanta	49			4
New York			.505	
Miami			.489	
Philadelphia	41	52	.441	14
CENTRAL DIVISION				
	W	L	Pct	GB
Cincinnati	51			
Pittsburgh	51			
St. Louis	47			41/2
Milwaukee		47		
Chicago		53		
Houston	34	58	.370	1/1/2
WEST DIVISION				
	W	L	Pct	GB
San Francisco	50	40		
Los Angeles	49			
Arizona	44			
San Diego			.409	
Colorado	35	56	.385	151/2

### Arizona San Diego Colorado

Wednesday's results
Milwaukee 4, St. Louis 3
L.A. Dodgers 5, Phildelphia 3, 12 innings
Pittsburgh 9, Colorado 6
San Diego 8, Houston 4
Washington 4, NV. Mets 3
Arizona 7, Cincinnati 1
San Francisco at Atlanta
Miami at Chicago Cubs

#### Tuesday's results

Washington 5, N.Y. Mets 4, 10 innings Cincinnati 4, Arizona 0 San Francisco 9, Atlanta 0 Miami 9, Chicago Cubs 5 Milwaukee 3, St. Louis 2 Pittsburgh 6, Colorado 2 San Diego 8, Houston 2

#### Philadelphia 3, L.A. Dodgers 2 Thursday's games

#### All Times Eastern

San Francisco (Bumgarner 11-5) at Atlanta (T.Hudson 7-4), 12:10 p.m. Arizona (J.Saunders 4-6) at Cincinnati (Leake 3-6), 12:35 p.m.

N.Y. Mets (Dickey 12-1) at Washington (G.Gonzalez 12-4), 12:35 p.m. Miami (Buehrle 9-8) at Chicago Cubs (Maholm

7-6), 2:20 p.m. Houston (Harrell 7-6) at San Diego (Volquez 5-7). 10:05 p.m.

#### Friday's games

Barrett.

Atlanta at Washington, 7:05 p.m. Miami at Pittsburgh, 7:05 p.m. San Francisco at Philadelphia, 7:05 p.m. L.A. Dodgers at N.Y. Mets, 7:10 p.m. Milwaukee at Cincinnati, 7:10 p.m. Chicago Cubs at St. Louis, 8:15 p.m. Houston at Arizona, 9:40 p.m. Colorado at San Diego, 10:05 p.m. E-Al.Rodriguez (6). DP-Toronto 2. LOB-Toronto 6, New York 5. 2B—Arencibia (14), Jeter (19), Cano (28), J.Nix (6), Wise (3). HR-Jeter (19), Cano (20), 5... Teixeira (19). CS—J.Nix (3).

	IP	п	K	EK	DD	30
Toronto						
R.Romero L,8-6	6	12	6	6	2	2
Beck	0	0	0	0	0	0
New York						
Kuroda W,9-7	7	4	0	0	0	5
HBP—by Kuroda (k	(Johr	nson)	).			
Umpires—Home, N	1arvir	Hud	dson	; Firs	t, Bri	an
Runge; Second, Tin	n McC	lella	ınd;	Third,	. Ted	

T-2:12 (Rain delay: 0:58). A-45,986 (50,291).

#### **TRANSACTIONS**

COMMISSIONER'S OFFICE — Suspended Chicago Cub minor league RHP's Juancito De La Cruz and Antonio Encarnacion 50 games af-ter testing positive for metabolites of Stanozolol.

#### **AMERICAN LEAGUE**

BALTIMORE ORIOLES — Recalled RHP Tommy Hunter from Norfolk (IL). Designated RHP Brad Bergesen for assignment BOSTON RED SOX — Placed DH David Ortiz on

the 15-day DL, retroactive to July 17. Recalled INF Mauro Gomez from Pawtucket (IL). CHICAGO WHITE SOX — Recalled LHP Pedro Hernandez from Charlotte (IL). Optioned RHP

Jhan Marinez to Charlotte.

DETROIT TIGERS — Recalled RHP Jacob Turner from Toledo (IL). Optioned RHP Luis Marte to Toledo

KANSAS CITY ROYALS — Optioned LHP Ryan Verdugo to Omaha (PCL), Recalled LHP Francisley Bueno from Omaha.
MINNESOTA TWINS — Recalled RHP Nick

Blackburn from Rochester (IL). NEW YORK YANKEES — Recalled RHP David Phelps from Scranton/Wilkes-Barre (IL). Op-

tioned RHP D.J. Mitchell to Scranton/Wilkes SEATTLE MARINERS — Placed LHP Charlie Furbush on the 15-day DL. Recalled RHP Steve

Delabar from Tacoma (PCL).
TEXAS RANGERS — Reinstated RHP Colby Lewis from the 15-day DL, Optioned LHP Martin Perez to Round Rock (PCL).
TORONTO BLUE JAYS — Transferred RHP Brandon Morrow to the 60-day DI

#### NATIONAL LEAGUE

ARIZONA DIAMONDBACKS — Recalled RHP Jonathan Albaladejo from Reno (PCL). Optioned RHP Trevor Bauer to Reno CINCINNATI REDS — Optioned RHP Todd Redmond to Louisville (IL). Selected the contract of OF Xavier Paul from Louisville.
COLORADO ROCKIES — Agreed to terms with

RHP Michael Solbach on a minor league con-HOUSTON ASTROS — Agreed to terms with

OF Preston Tucker on a minor league contract. LOS ANGELES DODGERS — Reinstated RHP Javy Guerra from the bereavement list. Optioned RHP Stephen Fife to Albuquerque (PCL)

MIAMI MARLINS — Optioned RHP Ryan Webb to New Orleans (PCL). PHILADELPHIA PHILLIES — Optioned RHP Justin De Fratus to Lehigh Valley (IL). SAN FRANCISCO GIANTS - Placed C Hector Sanchez on the 15-day DL. Recalled C Eli Whiteside from Fresno (PCL).

#### **NBA**

BOSTON CELTICS — Signed G Jason Terry. DENVER NUGGETS - Waived C Chris Ander-

PORTLAND TRAIL BLAZERS — Matched Minnesota's four-year offer sheet for G-F Nicolas Batum.
TORONTO RAPTORS — Signed C Jonas Valan-

ciunas to a two-year contract.

#### NFL

NEL — Suspended Carolina DT Δndre Nehlett four games for violating the league's policy on performance enhancing substances WASHINGTON REDSKINS — Signed OB

Robert Griffin III to a four-year contract and G

#### NHL

BOSTON BRUINS — Signed D Aaron Johnson to a one-year, two-way contract. BUFFALO SABRES — Signed F Mikhail Grigorenko to a three-year, entry-level contract.

DETROIT RED WINGS — Agreed to terms with D Kyle Quincey on a two-year contract. NEW YORK ISLANDERS - Named Scott Pellerin coach of Bridgeport (AHL). Agreed to terms with D Tv Wishart on a one-year, two-

OTTAWA SENATORS — Re-signed F Jim O'Brien to a two-year contract. Signed D Eric Gryba to a two-year, two-way contract.
PHOENIX COYOTES — Agreed to terms with D Chris Summers on a one-year contract.
TAMPA BAY LIGHTNING — Named Rob Zettler assistant coach of Syracuse (AHL).

#### **AHL**

SAN ANTONIO RAMPAGE — Agreed to terms with coach Chuck Weber and assistant coach Jason Cipolla.

GWINNETT GLADIATORS - Agreed to terms with F Rylan Galiardi and F John Scrymgeour.

#### **LACROSSE**

EDMONTON RUSH — Signed general manager and coach Derek Keenan to a one-year con-

#### CYCLING

#### **TOUR DE FRANCE**

#### At Bagneres-de-Luchon, France Wednesday's results

#### 16TH STAGE

1. Thomas Voeckler, France, Team Europcar, 5 hours, 35 minutes, 2 seconds; 2. Chris Anker Sorensen, Denmark, Team Saxo Bank-Tinkoff Bank, 1 minute, 40 seconds behind; 3. Gorka Izaguirre, Spain, Euskaltel-Euskadi, 3:22; 4. Alexander Vinokourov, Kazakhstan, Astana, same time: 5. Brice Feillu, France, Saur-Soiasun, 3:58; 6. Jens Voigt, Germany, RadioShack-Nissan, 4:18; 7. Daniel Martin, Ireland, Garmin-Sharp-Barracuda, 6:08; 8. Simone Stortoni. Italy, Lampre-ISD, same time; 9, Giampaolo Caruso, Italy, Katusha, same time; 10. Laurens ten Dam, Netherlands, Rabobank, 6:11.

#### Overall Standings (After 16 stages)

1. Bradley Wiggins, Britain, Sky Procycling, 74 hours, 15 minutes, 32 seconds; 2. Chris Froome, Britain, Sky Procycling, 2:05; 3. Vincenzo Nibali, Italy, Liquigas-Cannondale, 2:23: 4. Jurgen Van den Broeck, Belgium, Lotto Belisol, 5:46; 5. Haimar Zubeldia, Spain, Ra dioShack-Nissan, 7:13; 6. Tejay Van Garderen, United States, BMC Racing, 7:55: 7, Cadel Evans, Australia, BMC Racing, 8:06; 8. Janez Braikovic, Slovenia, Astana, 9:09: 9. Pierre Rolland, France, Team Europcar, 10:10; 10. Thibaut Pinot, France, FDJ-Big Mat, 11:43.

#### **TENNIS**

At Hamburg, Germany

ATP WORLD TOUR BET-AT-HOME

Singles
Albert Ramos, Spain, def. Lukas Rosol, Czech
Republic, 7-6 (8), 4-6, 6-3.
Tommy Haas, Germany, def. Gilles Simon (2),
France, 4-6, 6-3, 6-4.

Florian Mayer (7), Germany, def. Robin

Marin Cilic (4), Croatia, def. Federico Delbo-nis, Argentina, 6-3, 6-2.

Santiago Giraldo (7), Colombia, def. Henri

Feliciano Lopez (5), Spain, def. Jan Hajek, Czech Republic, 6-7 (3), 6-1, 6-4.

Czech Republic, 6-7 (3), 6-1, 6-4. Thomaz Bellucic, Brazil, def. Mikhail Youzhny (4), Russia, 4-6, 6-2, 6-4. Ernests Gulbis, Latvia, def. Benoit Paire, France, 5-7, 7-6 (3), 6-4. Paul-Henri Mathieu, France, def. Stanislas

Wawrinka (3), Switzerland, 7-6 (3), 7-6 (8)

Marcel Granollers and Marc Lopez (1), Spain Market Galloners and Mark Cupez (1), Spain, def. Blaz Kavici, Slovenia, and Igor Zelenay, Slovakia, 6-3, 6-3. Robert Farah and Santiago Giraldo, Colombia,

def. Johan Brunstrom, Sweden, and Dick Nor-man, Belgium, 4-6, 6-4, 10-8 tiebreak.

Kohlmann, Germany, def. Paul Hanley, Australia, and Julian Knowle (3), Austria, 1-6, 6-3,

10-5 tiebreak. Ivan Dodig, Croatia, and Marcelo Melo (2), Brazil, def. Sergiy Stakhovsky, Ukraine, and

Thomaz Bellucci, Brazil, and Michael

Mikhail Youzhny, Russia, 6-3, 6-3.

WTA SONY SWEDISH OPEN

Mathilde Johansson, France, def. Jill Craybas, United States, 6-4, 6-1.

Johanna Larsson, Sweden, def. Olga Gov-

Laaksonen, Switzerland, 6-2, 6-2. Second Round

Haase, Netherlands, 6-2, 6-1

**SWISS OPEN** 

Quarterfinals

At Bastad, Sweden

At Gtaad, Switzerland

#### **WEEKEND GLANCE**

#### **RRITISH OPEN**

Site: Lytham, England.

Schedule: Thursday-Sunday.

Television: ESPN (Thursday-Friday, 5 a.m.-6 p.m., 7-10 p.m.; Saturday, 7 a.m.-2:30 p.m., 7-10 p.m.; Sunday, 6 a.m.-1:30 p.m.), ESPN2 (Saturday, 4-7 a.m., Sunday, 9 p.m.-midnight) and ABC (Saturday-Sunday, 3-6 p.m.).

Online: www.opengolf.com PGA Tour site: www.pgatour.com

European Tour site: www.europeantour.com

#### **PGA TOUR**

#### TRUE SOUTH CLASSIC

Site: Madison, Miss.

Schedule: Thursday-Sunday.

Television: Golf Channel (Thursday, 3-6 p.m.; Friday-Sunday, midnight-3 a m., 3-6 n m. Monday, midnight-3 a.m.).

Online: www.pgatour.com

#### CFL

	GP	W	L	- 1	PF	PΑ	P
Montreal	3	2	1	0	84	100	
Toronto	4	2	2	0	106	113	
Hamilton	3	1	2	0	88	109	
Winnipeg	4	0	4	0	78	141	

WEST DIVISION									
	GP	W	L	Т	PF	PΑ	E		
Saskatchewan	3	3	0	0	83	37			
Edmonton	3	2	1	0	62	42			
						-			

Wednesday's result

All Times Eastern Saskatchewan at Calgary, 9 p.m.

Friday's game Edmonton at B.C., 10 p.m.

Saturday's game Montreal at Hamilton, 7 p.m.

Akgul Amanmuradova, Uzbekistan, and (4), Spain, walkover. Quarterfinals

Catalina Castano and Mariana Duque-Marino, Colombia, def. Olga Govortsova, Belarus, and

#### WTA MERCURY

#### At Carlsbad, Calif.

Second Round

Chan Yung-jan, Taiwan, def. Heather Watson, Britain, 6-3, 7-6 (2). Varvara Lepchenko, United States, def. Chanelle Scheepers (8), South Africa, 6-4, 6-2.

Johanna Larsson, Sweden, def. Olga Gov-ortsova, Belarus, 7-6 (6), 4-3, retired. Second Round Anastasia Pavlyuchenkova (5), Russia, def. Silvia Soler-Espinosa, Spain, 6-4, 6-0. Mona Barthel (7), Germany, def. Kateryna

Bondarenko, Ukraine, 6-2, 7-5. Polona Hercog, Slovenia, def. Julia Goerges (2), Germany, 7-6 (4), 6-2. SOCCER

Tsvetana Pironkova, Bulgaria, def. Lesia Tsurenko, Ukraine, 7-5, 6-3. **Doubles** 

Kateryna Bondarenko, Ukraine, def. Lourdes Dom?nguez Lino and Anabel Medina Garrigues

Qualternians Sandra Klemenschits, Austria, and Tatjana Malek, Germany, def. Valeria Solovieva, Rus-sia, and Anna Tatishvili, Georgia, 6-3, 5-7, 10-5 tiebreak.

Klaudia Jans-Ignacik (2), Poland, walkover.

#### INSURANCE OPEN

#### EAST DIVISION

GP	vv	L		PF PA	Р
3	2	1	0	84 100	
4	2	2	0	106 113	
3	1	2	0	88 109	
4	0	4	0	78 141	-
	3 4 3	3 2 4 2 3 1	3 2 1 4 2 2 3 1 2	3 2 1 0 4 2 2 0 3 1 2 0	3 2 1 0 84 100 4 2 2 0 106 113 3 1 2 0 88 109 4 0 4 0 78 141

Saskatchewan	3	3	0	0	83	37	
Edmonton	3	2	1	0	62	42	
B.C.	3	2	1	0	92	75	
Calgary	3	1	2	0	106	72	

#### WEEK FOUR

Toronto 25 Winnipeg 22

Thursday's game

#### MLS

#### Wednesday's results

New York 1, Chicago 0 Chivas USA 1, Portland 0 Toronto FC 2, Colorado 1 Montreal 2, New England 1

Houston 2, Sporting Kansas City 1

Vancouver 2, Los Angeles 2, tie FC Dallas at San Jose

#### Saturday's games All Times Eastern

Philadelphia at New York, 2:30 p.m. D.C. United at Columbus, 7:30 p.m. Montreal at Houston, 8:30 p.m. New England at Sporting Kansas City, 8:30 p.m. Portland at FC Dallas, 9 p.m. Chivas USA at Los Angeles, 10 p.m.

#### Colorado at Real Salt Lake, 10 p.m.

Fort Lauderdale at Minnesota

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#### ↑ Aries

March 21 - April 20

Usually criticism goes right over your head but today it won't be so easy to ignore what others say. Could it be because you know it is true? Maybe you can learn from what they have to tell you.

#### **Taurus** April 21 - May 21

No matter how many important things you have to take care of, you must make time for social activities. Being with fun-loving people will make you feel good too. All work and no play is not a recipe for happiness.

#### **∐** Gemini May 22 - June 21

The more sacrifices you make in one area today, the more you will gain in other areas. Financially, this is one of the best times of the year to replace the old with the new, so be ready to make changes.

#### Gancer

June 22 - July 23

A new moon in your sign means you should be making big plans, the kind of plans that get other people talking. If you have a clear goal and always think positive you cannot fail. So what are you waiting for?

#### 9 Leo

July 24 - Aug. 23

Spend some time by yourself today so you can think about recent events and make sense of what's been happening in your life. Invest in a pair of really good ear plugs and shut yourself off from the world.

#### **M** Virgo Aug. 24 - Sept. 23

Self-confidence is essential if you want to make progress, so don't waste time questioning your motives or your methods. Just get on with what you

#### △ Libra

Sept. 24 - Oct. 23

The decisions you make over the next 24 hours will affect your career aims for a long time to come. Make sure you know what it is you want then make the effort to go out and get it. All things are possible.

**PLAY** 

#### M Scorpio

Oct. 24 - Nov. 22

Today's new moon will do wonders for your self-belief and make it easier for you to take the kind of risks that make good things happen. You will be extremely adventurous over the next 24

#### **プ** Sagittarius Nov. 23 - Dec. 21

Do you continue with a business deal that you are increasingly unsure of or do vou give up on it? Don't feel you have to carry on just because other people want you to. It's your life and vour choice.

#### **b** Capricorn Dec. 22 - Jan. 20

A new moon in your opposite sign of Cancer means a new start is possible for a relationship that has been fading a bit. But don't leave it up to the other person to make the first move

#### 🗫 Aquarius Jan. 21 - Feb 19

Today's new moon will be good for your health. If you've been thinking about a new fitness regime, now is the time to do something about it. Don't plan far ahead. Take it one gym session at a time.

#### H Pisces

Feb. 20 - March 20 You will be inspired to try something new and exciting over the next 24 hours and chances are you'll like it so much it will become a central

part of your life. New things

are fun. SALLY BROMPTON

6. Bay of Fundy fishing village ("Home of the High-

est Tides in the World") 10. Imperfection

17. Cape Columbia, locat-

gion, it's known as the

34. Bypass 35. One at

38. Small rural municipality

39. Valiant's oldest

41. "Understand now?"

42. Loonies

for dinosaur fossils

first hit

Burnaby, BC 58. 2d-highest peak in both

Alaska border

1. Emulate a volcano

14. Glass: Fr. 15. Marshy wasteland

ed here, is Canada's north-

20. In Monashee Mtns., BC's West Kootenay re-

21. Ghostly

22. Hearei

partly in Canada

vivant 37.

43. AB town, region known

46. Badly behaved \_\_ Dooby": Orbison's

50. Arise

53. Body of water in central

Canada and US, on Yukon-

61. Once, once

63. Rides for VIPs 64. Loch

16. Jai follower

ernmost land point

Golden City

23. Former satellites

25. Lady of pop 28. 4 out of 5 of these are

36. Precedina

100 km SW of Toronto

40. Country N. of Slovenia

48. Center start

62. Employed

65. Art Spiegelman won a Pulitzer for this 66. Cowboy's rope

#### Down

1. Any time 2. Move: real estate

iaraon 3. Trendy addresses

4. Make formal dinner arrangements

5. Hot electric car 6. Prayer finish

7. Prayer start 8. Larry and Curly's

brother 9. Onassis, by nickname

10. 1983 Nobel Peace Prize winner 11. Banned fruit treat-

ment 12. Indian princess

13. All alternative 18. Actress Helgenberger

of CSI 19. Comune in Brescia, Lombardy, Italy, bordered by Nuvolento, Caino, Botticino

23. SK folk musician Buffy -Marie

24. Bank printout: abbr. 25. Curdle, as milk

26. Love: Fr. 27. Knife pitched in info-

mercials

29. Seldom 30. Online selling

How to play

31. Canadian star Reeves

32. Flubbed 33. Sixth

38. BBC nickname, with

41. Hamilton, ON-born SNL

alumnus Martin 42. S-Central ON city between Lakes Couchiching

and Simcoe 44. Canada's Logan and

Lucania 45. "\_\_\_ Petite": Jackie

Wilson hit

49. Alberto VO5 rival

50. Sign 51. Apple piece

52. Say "!@#\$%" 53. 7-Down, in parts of

Canada 54. Stops

55. Points a gun 56. Get Smart villains

57. ExxonMobil's brand in

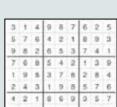
59. Total 60. Deep \_

BY MICHAEL WIESENBERG



See today's answers at metronews.ca/ answers.





2 3

Fill in the grid, so that every

every 3x3 box contains the

digits 1-9. There is no math

row, every column and

involved. You solve the puzzle with reasoning and

#### 8 6 3 2 4 6 9 3 8 8 2 3 6 7 6 5 8 1 2 9 5 4 7 2 9 5 9 2

TODAY

FRIDAY

















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